june 2018



#### LGBTQ SENIOR PRIDE MONTH AT OPENHOUSE!

June is Pride Month and Openhouse, in partnerhship with Covia and Institute on Aging will be leading the San Francisco Pride Parade as the 'GenOut contigent in recognition of the first generations of out and proud seniors'. We have a comfortable meeting space (Google Community at 188 Embarcadero) 2 trolleys to ride on, free refreshments, lots of volunteers to help and a whole bunch of LGBTQ senior pride! Join us! RSVP and reserve

your space- details on page 5.

Back for 2018- LGBTQ Senior Prom! Same convention-free fun in a new larger venue! Join us at the Green Room on Van Ness for a fun-filled LGBTQ Senior Prom without all the rules: no dress code, no date required, dance as you wish! Featuring live music from 'Party Monsters' and awards for prom royalty!

Also returning this year, our intergenerational party-- Elder Youth Brunch, held in partnership with our friends at LYRIC. Join us for a seated and covered picnic brunch at Dolores Park followed by Trans March. Check out all of the LGBTQ Senior Pride Events and Parties on page 5.

#### Volunteer at Openhouse Pride Events!

We are grateful for all of our volunteers who make so many of our groups and classes possible! We still need volunteers for the following Pride events in June: Elder Youth Brunch (6/22) & Pride Parade (6/24) Please see page 5 for info.



We are excited to announce that Openhouse is partnering with SteppingStone to open an LGBTQ Adult Day Health Center Program, starting July 2018. Steppingstone offers nursing, personal care, physical therapy and other health-related services, in order to support the health and wellbeing of LGBTQ people living independently and aging in community. In addition to health services, SteppingStone also provides community, meals, and transportation to and from the Center. We hope you'll spread the word and join us this month for our Opening Pride Events to kick off this new program- info on page 3.

### Support and Wellness Programs

Questions about any programs listed here? Contact Ariel, OH Program Coodinator, at 415.503.4180 or email ariel@openhouse-sf.org.

### Grief Support Group

Openhouse is pleased to bring back the Openhouse Grief Group for individuals seeking to attend to their sadness through personal reflection and shared experience. Grieving can bring forth inner reactions which guide us in knowing more about ourselves and, in turn, one another. The aim is to have the group develop to become a major healing experience during one's journey of grief.

Group Facilitator, Den Reno, PhD is a licensed psychologist who has led grief groups at Openhouse for over 5 years. About Den: "Grieving can widen one's understanding about life and love and become one's companion along the journey. My desire is to share and grow with you about your grief and loss." An individual introductory session (45 minutes each) with Den is required to confirm the group is a good fit for your needs.

To schedule an interview, contact Ariel at (415) 503-4180 or ariel@openhouse-sf.org

#### Living with Loss: Drop-In Grief Support Group

Openhouse Community @55 Laguna St. 1st & 3rd Fridays, 1-2:30PM

Openhouse and VITAS Healthcare are pleased to partner in offering this drop-in grief support group to LGBTQ older adults who have experienced loss and are looking for support in a safe, welcoming environment. There is no cost for this group and no on-going commitment to attend. The group is co-facilitated by Dale Poland and Jane Litman. Please note: this group will be taking a brief hiatus after the June meeting and will be back in the late summer/early fall.

No need to RSVP, but please arrive on time to ensure entrance to the building. If you have questions, you may contact Dale Poland 408.964.6866 or email dale. poland@vitas.com.





#### Drop-In Meditation Wednesdays, 10-11AM at Bob Ross LGBT Senior Center @ 65 Laguna St. This is a drop-in class. No need to RSVP.

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.

#### TAI CHI CLASS IS BACK IN JULY!

Starting July 12th, 11-12PM @ OHC 55 Laguna



Learn this simplified Tai Chi specifically designed for older adults with Openhouse instructor, Patty Woods! This 8-week course is aimed at alleviating

arthritic joint stiffness and improving balance. Please be sure to consult with your physician before starting this or any exercise program.

Patty Woods is a longtime Tai Chi practitioner and graduate of the Tai Chi for Health's Tai Chi for Arthritis and Fall Prevention training. *Registration is required*.

### Special Events

In Conversation with Mia Birdsong.



Monday, June 11, 2018, 7:30 pm Venue: Nourse Theater

City Arts & Lectures has generously offered a limited number of Free Tickets to attend an event at the Nourse Theater. To request tickets please contact Sylvia 415-659-8123 or sylvia@openhouse-sf.org.

Janet Mock is a writer, TV host, and advocate tackling stigma through storytelling. She produced HBO's The Trans List, hosts the podcast Never Before, and serves as a columnist for Allure. Called a "fearless new voice" and "trailblazing leader" who "changed my way of thinking" by Oprah Winfrey, Janet was a featured speaker at the historic Women's March on Washington. Mia Birdsong is an activist, writer, and orator. She is a Family Centered Social Policy Fellow at New America and a Senior Fellow at the Economic Security Project. She is working on her first book, How We Show Up. This program is a benefit for the Transgender, Gender Variant, Intersex Justice Project

### Frameline<sub>I</sub>

Every year, Frameline graciously provides Openhouse with a select group of free tickets to Frameline screenings. Many of the films are matinees and we receive the tickets mid-June. Email: tickets@openhouse-sf.org to inquire about ticket availability, instructions for pick-up, and other pertinent details!

# Celebrate PRIDE with Openhouse and SteppingStone

All events are free and open to the public. Location: Mission Creek Adult Day Health Center 930 4th st, SF 2nd Floor

RSVP to Beck Epstein at beck@openhouse-sf.org or (628) 208 0851





June 8th at 11AM
Lunch and Film screening:
MAJOR!
June 15th at 11AM
Lunch and Panel Discussion
with LGBTQ Elders
June 20th at 1PM
Lunch and Drag Show!

Openhouse is pleased to work in partnership with Fresh Meat Productions (part of the Queer Arts Festival June 14-16, 2018) and to have received a limited number of tickets to the Fresh Meat Festival, the nation's pre¬miere transgender and queer performance festival! Interested in tickets to Fresh Meat? Email: tickets@openhouse-sf. org ACCESS NOTES: Z Space is a wheelchair accessible theater. Seating is provided on floor level for people using wheelchairs & scooters, as well as anyone who cannot climb stairs (there are stairs starting at row 2 to the back of the theater). Bathrooms are wheelchair accessible and will be welcoming to all genders.



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Questions about any programs listed here? Contact Ariel, OH Program Coodinator, (415) 503-4180 or email: ariel@openhouse-sf.org

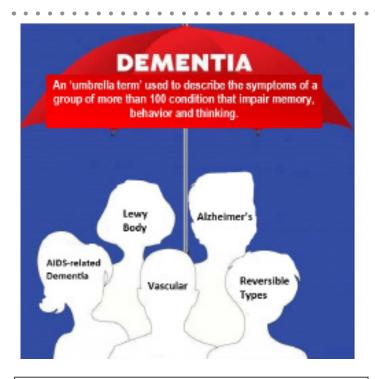
#### Clearing House: Drop-in Clutter Support Group

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



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

Questions? Call Ariel Mellinger at

(415) 503-4180 or email: ariel@openhouse-sf.

org

ariel@openhouse-sf.org

#### 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.

transthrive

Group is free and food is served!

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

For more info please email: transthrive@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. 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.

Next meeting:

June 27<sup>th</sup> from 6-7:30PM Bob Ross LGBT Senior Center 65 Laguna St.

### CELEBRATE PRIDE WITH OPENHOUSE Generation Out: the first out and proud LGBTQ generation!

#### LGBTQ Senior Prom: June 9th from 4-7PM at the San Francisco War Memorial Green Room

This popular event returns for the third year and in a new and expanded location- the SF War Memorial Green Room! LGBTQ Senior Prom is a celebration for seniors and allies of all ages to get another chance at Prom- with none of the tradition or rules. No dress code, no need for a date, no dancing required, no gender rules and no holding back! Acceptance is the only theme. The event features a DJ, live band, performances, food and drinks, prizes for prom royalty and an amazing time for all! Please RSVP to Peter at 415.658.0886 or RSVP on Eventbrite at bit.ly/LGBTSENIORPROM

#### Openhouse Art Show at Ruth's Table: June 16th from 2-5PM at Bethany Center/Ruth's Table

We are thrilled to showcase art from several of our LGBTQ senior community members at this art event with our friends at Ruth's Table. Join us for the opening of the show which will run all of June.

#### Elder Youth Brunch: June 22nd at Dolores Park 11AM-2PM

LYRIC, Trans March and Openhouse are proud to once again to host Pride's main intergenerational event. We are excited to celebrate youth and elders, as they work together to build a strong LGBTQ community. The event includes a delicious brunch in Dolores park under a comfy canopied area and activities to foster connection across the ages. Brunch is followed by the Trans March rally and march!

#### The Dyke March: June 23rd, Dolores Park.

The mission of the San Francisco Dyke March is to bring the dyke communities together to celebrate our unity, raise our consciousness and be visible! For information about the free shuttle to the park, disabled parking, the Senior and Disabled Cable Car, and the Dyke March's accessible, non-smoking and scent free area for senior and disabled dykes including an ADA port-a-potty, an awning for shade, seating and water go to: www.thedykemarch. org/access-1 To volunteer please email: info@thedykemarch.org

#### Seniors Tell All: Intergenerational Conversations, June 23th-Civic Center Plaza

Openhouse is proud to support and partner with Larry Lare Nelson, the author of this year's Pride theme-"Generations of Strength." Larry will lead a team of community members and volunteers to create a space for intergenerational conversations at the Pride Celebration on Saturday at Civic Center plaza. Larry recently described the space saying, "Seniors Tell All" is a concept and secure space for LGBTQ+ Seniors and Youth to sit and talk to each other about anything. The goal is to open up and to also further intergenerational conversations so our LGBTQ+ youth know about their rich history which will empower them to continue the movement." Come to listen, learn and share!

Pride Parade: June 24th (Meeting at Google Community, 188 Embarcadero @ 8AM) This year's parade theme, Generations of Strength, offers Openhouse and our community an opportunity to put seniors at the center of the celebration and the march towards social justice. We are coordinating a large senior contingent with high visibility as part of this year's Parade. We have a comfortable meeting space close by the line up! Join us.



#### **VOLUNTEER AT PRIDE EVENTS**

The support of our amazing volunteers make events like these possible! For more information or to learn about volunteer opportunities, please contact Peter McDermott (peter@openhouse-sf. org; 415-685-0886)



# LGBT Dementia Care Summit

Where are we now? The Summit will bring together service providers, community members, and policy makers to discuss progress in LGBT dementia care. We will look at opportunities to meet the needs of those facing dementia as we form a network of dementia-capable services for the LGBT community.

Event is hosted by the Office of Senator Scott Wiener.

#### **Learning Objectives:**

- Identify potential challenges in implementing LGBT-inclusive strategies in their workplace and formulate corresponding solutions.
- Understand and address the concerns of and unique challenges faced by LGBT constituents from their personal perspective/ experience.



Date: Thursday, June 7, 2018

**Time:** 9 a.m. to 2 p.m.

8:30 a.m. registration, breakfast and

exhibitor fair

#### Location:

The Milton Marks Conference Center Hiram W. Johnson State Office Building, Lower Level 455 Golden Gate Ave. San Francisco, CA 94102

Cost: Free, Lunch Included

#### **Register Now:**

bit.ly/LGBTDementiaSummit

For more information call 800.272.3900









SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HAPPY PRIDE MONTH!! JUNE PROGRAMS AND EVENTS				1 Yoga 11-12PM, Reg. reqd. Living With Loss, 1-2:30 @OHC 55 Laguna St. PRIDE Parade sign-making party! 1-3PM @BR	2 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna Queer Elders Writing Workshop 1-4PM @PAWS
3	4 Men's Group 2-3:30PM @501 Castro St.	5 Housing Workshop 10:30AM @ BR 65 Laguna St. Gay Gray Writers 4-5:30PM @BR 65 Laguna St.	Drop-in Meditation 10-11AM @BR 65 Laguna St. See pg. 2 for more info. Clearing House: Cluttering Support 12:30-2PM @BR 65 Laguna St. See pg. 4	7 LGBT Dementia Care Summit 9AM-2PM, 455 Golden Gate Ave., RSVP reqd., See pg.6 for more info	8 Yoga 11-12PM, Reg. reqd.  Housing Workshop, 11AM@BR  QTPOC Elder Movie Screening: "MAJOR!"@ SteppingStone, 11AM RSVP reqd. See pg.3 for more info  Visit Muttville w/ Openhouse! 2PM Call X315  PRIDE sign-making party! 1-3PM @BR  Yiddish 4-5:30PM @BR 65 Laguna St.	Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna Queer Elders Writing Workshop 1-4PM @PAWS LGBTQ Senior Prom! @ SF War Memorial Green Room, 4-7PM, See pg. 5 for info
10	11 Men's Group 2-3:30PM @501 Castro St  Janet Mock event, See pg. 3  LGBTQ Chat-1-2PM Info on pg.9	12 New! Trans Elder Lunch, @OHC 55 Laguna St. 12-1:30PM RSVP reqd. X303  Financial Elder Abuse Workshop 12:30-1:30PM @OHC  Trans 50+ & Fabulous Drop-In, 6-7:30PM @Trans Thrive	Drop-in Meditation 10-11AM @BR 65 Laguna St. See pg. 2 for more info.  Rainbow Lunch 12-1:30PM @OHC 55 Laguna St. RSVP reqd. X303	14 Men's Drop-In Social Hour 1:30- 3PM @OHC 55 Laguna St.	Yoga, 11-12PM, Reg. reqd Living With Loss, 1-2:30 @OHC 55 Laguna St. LGBTQ Elders Panel and Lunch @ SteppingStone 11AM RSVP reqd. See pg. 3 for more info. PRIDE Parade sign-making party! 1-3PM @BR Yiddish 4-5:30PM @BR Reg. reqd. call X305	16 Openhouse Art Show at Ruth's Table, 2-5PM at Bethany Center, pg. 5 for more info Games 10AM-1PM @BR Friendly Visitor Pride Breakfast Celebration! 10-11:30AM @OHC 55 Laguna St. RSVP to Sylvia 415-659-8123 or Sylvia@openhouse-sf.org Art Group 1:15-4PM @BR 65 Laguna Queer Elders Writing Workshop 1-4PM @PAWS
17	18 Men's Group 2-3:30PM @501 Castro St.	19 Gay Gray Writers 4-5:30PM @BR 65 Laguna St. Housing Workshop, 11AM@BR	20 Drop-in Meditation 10-11AM @BR 65 Laguna St. See pg. 2 for more info. Clearing House: Cluttering Support 12:30-2PM @BR 65 Laguna St. See pg. 4 Lunch and Drag Show @ SteppingStone-1PM RSVP reqd. See pg. 3 for more info.	21	22 Yoga, 11-12PM, Reg. reqd. No 4th Friday this month. See you at the park! Elder & Youth Brunch w/ LYRIC, at Dolores Park, 11AM-2PM See pg. 5 for more info. No Yiddish today Trans March, Dolores Park, 6PM	23 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna No Queer Elders Writing Workshop today Dyke March, Dolores Park, 5PM Seniors Tell All Pride Event- info on pg. 5
	OPENHOUSE CLOSED Men's Group 2-3:30PM @501 Castro St.	26 Trans 50+ & Fabulous Drop-In, 6-7:30PM @ Trans Thrive Sister Circle, 12-1:30PM @ OHC Opera Group, 1PM @ OHC	Drop-in Meditation 10-11AM @BR 65 Laguna St. See pg. 2 for more info.  Rainbow Lunch 12-1:30PM @OHC 55 Laguna St. RSVP reqd. X303  LGBTQ Caregivers of Those With Dementia Support Grp, 6-7:30pm @BR 65 Laguna	Men's Drop-In Social Hour 1:30-3PM @OHC 55 Laguna St.  Housing Workshop (en Español) 1:30PM @BR 65 Laguna St.	Yoga, 11-12PM, Reg. reqd.  Housing Workshop, 2PM@BR 65 Laguna St.  Yiddish 4-5:30PM @BR 65 Laguna St. Reg. rqd. call X305	Games 10AM-1PM @BR  Art Group 1:15-4PM @BR  Queer Elders Writing Workshop Special Reading Event 1-4PM @PAWS

### Community Engagement Programs



#### **Trans Elder Lunch**

Openhouse honors transgender elders in our community! If you identify as a trans older person, we hope you'll join us for a new monthly lunch for trans elders at Openhouse!

Tuesday, June 19<sup>th</sup> 12-1:30PM at 65 Laguna St.

Please RSVP to Sylvia Vargas at 415-659-8123 or email sylvia@openhouse-sf.org.

Rainbow Lunch a community gathering
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.

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 11:45AM and no later than 12:30PM in order to ensure folks can be escorted up to the 2<sup>nd</sup> fl. Community Room at 55 Laguna.

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  $2^{nd}$  and  $4^{th}$  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 Communty 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

POWERFUL

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, June 26th 12-1:30PM

55 Laguna St. Community Room

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

Men's Drop-In Social Hour

2<sup>nd</sup> and 4<sup>th</sup> Thursdays, 1-3PM 55 Laguna Community Rm.

This group welcomes all maleidentified community members for coffee, snacks and informal socializing.

Join us! For questions or more info, contact Peter on (415) 685-0886 or email peter@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

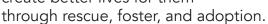
and support all volunteers who spend time with community members for: home visits, walks in the park, outings to the museum, shopping, coffee and tea meet-ups, or just to chat and have some laughs.

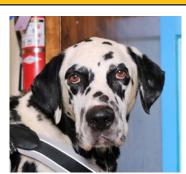
To learn more about the program, please contact Sylvia 415.659.8123 or email sylvia@openhouse-sf.org.

# MUTTVILLE senior dog rescue

Friday, June 8th 2PM @ 255 Alabama (near Harrison & 16<sup>th</sup>)

Muttville's mission is to change the way the world treats older dogs and to create better lives for them





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

New to Openhouse? We would love to hear your perspective!

Openhouse is engaging in an exciting Community Participatory Research Project—which means we want to hear from you, our community! We are seeking input from participants coming to our programs for the first time, so that Openhouse can measure impacts they may experience as a result of engaging in our programs. More specifically, the focus of our research project is to look at outcomes related to participation in Openhouse Lunches, Support Groups, and Friendly Visitor visits. We are seeking community members age 55+ who have attended 5 or FEWER



Openhouse activities in the past 2 years. If eligible, participants will be offered an incentive to enroll in the study and to complete several surveys in the next 18 months. Participation is completely voluntary. If you are unsure of how many activities you have attended, let us know.



#### JOIN US AT 'AMIGAS WITH BENEFITS' Sat June 9th @ Brava Theater, 2789 24th St.

Seniors first!! Please don't wait outside if you're unable to stand, or endure the heat while we wait for the house to open, please enter through the left-hand doors and sit on the benches and chairs close to the entrance. When the House is open, we will have reserved seating for Openhouse Seniors all 3 nights of the Film Festival. Our ushers will be prepared to escort you to where those seats are located. This venue has gender-neutral accessible bathrooms.

#### Come Learn How To Avoid Financial Abuse

Tuesday, June 12th 12:30-1:30PM @ OHC 55 Laguna

Join the Openhouse community for a collaborative presentation from the Department of Aging and Adult Services, San Francisco's District Attorney's office, the Institute on Aging's Elder Abuse Prevention Program, and Asian Pacific Islander Legal Outreach. We will discuss scams that target older adults and adults with disabilities and learn strategies to prevent financial exploitation. Contact Ariel at (415) 503-4180 for more info.

### Aging Gracefully with Diabetes: Self Management after 65 15 minute presentation on June 27th @ Rainbow Lunch

Over 25% of the population, or some 12 million Americans, over the age of 65 are living with diabetes. Although growing older with diabetes comes with certain challenges, regular physical examinations, a healthy diet, and exercise



along with self care is helping people with diabetes live longer, healthier lives. In this presentation, Jim Gatewood, RN PhD will discuss different ways that seniors can think about growing older and healthier with diabetes. Jim Gatewood, RN, PhD is a nurse navigator at SteppingStone, the largest provider of adult day health care in San Francisco. He will be joining us over the coming months to offer a series of wellness programs and health counseling appointments to the Openhouse community. Jim will be available to meet individually with Openhouse community members after his wellness events and via a telephone number that will be available shortly.

### Lifelong Learning

# Brush Up On A Foreign Language! (Some previous knowledge required)

Yiddish Language and Culture (Some knowledge of the language is required.)

**Fridays 4-5:30PM** @ Openhouse Community Room, 65 Laguna St., Bob Ross LGBT Senior Center. For questions, or to register for programs listed here, contact Armando, OH Education Coodinator by calling 415.728.0194 or emailing armando@openhouse-sf.org.

### Did You Know That Many of our Teachers are Senior Community Folks?!

Are You a Former Teacher? Is there a particular interest - subject, hobby, etc. that you would like to share with your community members? If you are interested in volunteering some "teaching time"? Armando our Education Coordinator would love to meet you! Please contact him by calling 415.728.0194 or emailing armando@openhouse-sf.org.