An Invitation From Our Executive Director: Join me for Town Halls!

What an amazing summer it has been! This year's Pride Theme, "Generations of Strength" (created by our friend Larry Nelson)

gave visibility to LGBTQ seniors- and allowed us to advocate for seniors to be front and center in the celebration! We danced until our feet hurt at LGBTQ Senior Prom. We admired the work of talented Openhouse



artists with a Pride month art show. We gobbled down the best fried chicken around at the largest Elder/Youth Brunch in history at Dolores Park. Seniors exchanged stories with young and old in the "Seniors Tell All" space at the Civic Center. We helped lead the Pride parade (Contingent #5) with a powerful contingent made up of eight golf carts, two trolleys and over 200 marchers/ riders celebrating GenOUT! And then, we took over the Pride mainstage declaring our commitment to our history and our future in which older LGBTQ people are central in our lives and in our fight for social justice. Thank you to everyone who participated and showed up for our community! A special thank you to our incredibly talented and passionate staff at Openhouse who went above and beyond over and over to make our Pride events not just fun, but fierce! After all of the Pride excitement (and some vacation time in July) we are re-energized and ready for what will be a historic year ahead!

By the time you are reading this newsletter, 75/95 Laguna will have all the walls framed

and a complete roof! The project is currently ahead of schedule with an anticipated open date sometime in April 2019. In addition to our plans for a successful lease-up of the 79 units of affordable LGBTQ-welcoming senior housing we have big plans for service expansion and continuing our work to meet the needs of the LGBTQ seniors across the Bay Area.

To that end, it's time for Town Hall Meetings! This will give me a chance to share some of the accomplishments from the past year, as well as the plans for this year and beyond. Most importantly, it will give you a chance to share ideas, ask questions, provide feedback and give me another important opportunity to learn from your experience at Openhouse. I hope many of you will join me! All are welcomewhether you are new or old to our community, a volunteer or a donor, a staff member of a partner organization, a resident of 55 Laguna or someone brand new to our city! Come and be a part of our community!

Thanks,

Karyn Skultety, Executive Director

MONDAY, AUGUST 13th_@ 2-3:30pm 501 Castro Street during Men's Group. All welcome.

TUESDAY, AUGUST 21st @ 1:30-3pm (55 Laguna St)

THURSDAY, AUGUST 23rd @ 5:30-7pm (Bob Ross LGBT Senior Center, 65 Laguna)

TUESDAY, AUGUST 28th @ 1:30-3pm (55 Laguna St)

Please join us in welcoming our new interns from the Access Institute

José Buenrostro and Maggie Furey are postgraduate fellows at Access Institute, a community-based mental health clinic in Hayes Valley that has partnered with Openhouse to provide mental health services to the Openhouse community. José and Maggie will be facilitating groups and offering other support in the Support and Wellness Program.

José Buenrostro, M.S. (he/him/his) graduated with a Master's Degree in Clinical Psychology from San Francisco State University where he provided individual psychotherapy to young adults at the SFSU Psychology Clinic. Prior to graduate school, he worked at an assisted living home as a caregiver for residents with dementia and physical disabilities. He's also worked as a residential treatment counselor at Baker Places, a nonprofit organization that provides mental health/substance use residential treatment for clients and case management for those in need of housing and income. Additionally, he's worked as a crisis counselor at SF Suicide

Prevention and HIV Nightline proving direct crisis counseling as well as mentoring new volunteers. He is looking forward to working with the community here at Openhouse!



Maggie Furey, MSW (she/her/hers) received her Master's in Social Work from Smith College in 2018. Most recently, she was working at UCSF in a primary care clinic for women who are HIV positive providing individual therapy, case management, and facilitating groups. Her past experiences centered working with an understanding of the complex trauma that populations experience within oppressive systems and how those traumas impacted behavior and/or health outcomes. She is excited to work with and serve the Openhouse

community.

Share Your Feedback: The Openhouse Cultural Humility Training Wednesday, August 15, 2-4PM @ Openhouse Community Room, 55 Laguna St.

Please join us for a community training, and feedback session! At this event, Beck will present the Cultural Humility Training that we do for (Residential, Nursing, Therapy, etc) service providers on working with LGBTQ Older Adults. Check out the presentation, and strengthen it by giving feedback on what YOU would like service providers to know about YOUR history and YOUR concerns in accessing services. Please be advised that this training will cover some of the health disparities and trauma histories of our communities, and may be emotionally intense. There will be Openhouse Staff available to provide emotional support if needed. We are particularly interested in the perspectives of marginalized communities within our community. We strongly encourage the attendance of community members who identify as People of Color, Transgender people, Women, Bisexual people, People with Disabilities, and people experiencing homelessness or are marginally housed.

Light snacks and refreshments will be served. Please RSVP to Beck Epstein, Outreach and Training Manager – <u>beck@openhouse-sf.org</u> or 628.208.0851.

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.

Join us for a NEW monthly drop-in group: Conversations on Death and Dying August 8th, 5:30 –7PM, Bob Ross LGBT Senior Center @65 Laguna Community Room

Join Openhouse for a NEW monthly discussion about the many aspects of death and dying. While this is not a grief support group, this conversation invites community members to participate in an open-hearted discussion where we can openly share thoughts and feelings about our own eventual death in a meaningful, dynamic space free from judgment. This group will take place the 2nd Wednesday of every month.

Facilitators: Mark Thoma, LCSW is a medical social worker in home health and palliative care. In addition to the home health setting, he has worked in hospital social work, community case management, and university student services.

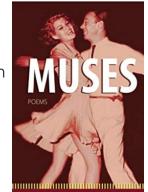
Poetry Reading: Muses by David Hathwell

Sunday, September 16th, 2PM, Community Room, 55 Laguna Street Refreshments will be served.

David Hathwell will read a handful of poems from "Muses, his debut collection published in 2016 to acclaim from Edmund White and others.

He will frame the poems with informal commentary on how poems work (and how poets work). David will also read briefly from his second collection, "Between Dog and Wolf".

To reserve a seat, please contact Armando Paone at 415 728 0194 or by email: armando@openhouse-sf.org.



Join Openhouse and Redwood Ramblers for a Nature Walk

Tuesday, September 4th, 10AM-3PM. Pickup and drop-off will be at Bob Ross LGBT Senior Center at 65 Laguna St.

Local community member, Pierre Khoury, will guide us on a dynamic 2 mile walk around Rodeo Lagoon. This is a relatively level walk, with very little incline. If there's time after the walk around the lagoon, we will walk take another 1 mile (roundtrip) walk to the historic lighthouse for great views of the Golden Gate. The half mile walk from the lighthouse back to the car is a bit steep. 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 <u>ariel@openhouse-sf.org</u> by Aug.30 at 12PM to be entered. You will be notified of the lottery results on Friday, Aug 31st.

Support and Wellness Programs

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 @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 6-7:30PM @ 730 Polk Street, 4th Floor

For more info please email: <u>transthrive@apiwellness.org</u> or (415) 292-3420 ext 348.



LGBTQ Group for Those who Care for Someone with Dementia

in partnership with the Alzheimer's Association

Next meeting:

August 22nd from 6-7:30PM Bob Ross LGBT Senior Center 65 Laguna St.

Please contact ariel@openhouse-sf.org or (415) 503-4180

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.



African American Lesbians- Help Us Design Programs for You

Openhouse will be conducting a focus group with African American lesbians to discuss our current and future programming. This group will be held in August, date TBD. If you are interested in participating please call Jana at 628-208-0792. This confidential phone line takes messages. Thank you.

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).

Attend an upcoming Housing Workshop! August dates: August 10th at 11AM & August 28th at 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 Jessi, our Manager of Housing and Resources Navigation about specific questions regarding your housing search.

Community Engagement Programs

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

4th Friday Health and Wellness

Loneliness: A look into this inevitable experience and how to build emotional health
Friday, August 24^{th,} 3-4:30PM
55 Laguna St. Community Room, 2nd Floor

Join us for a free seminar on understanding the different layers of loneliness and how it differs from solitude. We will also discuss the impact of loneliness on our well-being and effective ways for responding to the impact of loneliness.

Presenter: Den Reno, Ph.D. has been a licensed psychologist for 31 years. He enjoys promoting and participating in rich discussions on experiences embedded in the human condition. Den facilitates a Grief Group at Openhouse, supervises mental health interns, and volunteers with LGBTQ Youth.

TELL YOUR STORY

JUSTICE IN AGING

FIGHTING SENIOR POVERTY THROUGH LAW

Justice in Aging is a national organization that uses the power of law to fight senior poverty by securing access to affordable health care, economic security, and the courts for older adults with limited resources. Since 1972 we've focused our efforts primarily on populations that have traditionally lacked legal protection such as women,

people of color, LGBTQ individuals, and people with limited English proficiency.

We are looking for older women who are excited about telling their stories for a video we are making about older women in poverty.

We will primarily use the video to accompany a new report on Older Women in Poverty: the stats, the causes, and policy recommendations; advocate for policy solutions; on our website and social media; to bring attention to the issues for older women at conferences and trainings; in our fundraising campaigns; and possibly screening at our spring event. We are looking for a few low-income older women who want to participate—tell their stories on camera and be filmed in a "day in the life" and be photographed.

Looking for video participants:

- *Women (and nonbinary/gender nonconforming individuals) who are low-income and 60+
- *Excited to tell their story and participate in our advocacy goals
- *Willing to be filmed in daily life activities in addition to interview-style
- *Hope to feature stories from people of color, SSI recipients, LGBTQIA+ folks, mother in a caregiving role for her mother and kids

Are you interested or do you know someone who might be interested? Please contact: Emma Ayers, Justice in Aging, <u>eavers@justiceinaging.org</u>.

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6 Men's Group 2-3-30PM @501	7 Gay Gray Writers 4-5:30PM @BR 65	Clearing House: Cluttering Support 12:30-2PM @BR 65 Laguna St. Info on pg. 4 8 Open Death Conversation: 5:30-7pm@ BR 65 Laguna St. Info on	2 Tai Chi 11AM-12PM @OHC 55 Laguna St. Grief Support Group, 4-5:30PM @BR 65 Laguna St. Reg. reqd. X315 9 Tai Chi 11AM-12PM @OHC 55 Laguna	3 Yoga 11AM-12PM @OHC 55 Laguna St. Reg. Rqd. Yiddish, 4-5:30PM@ BR 65 Laguna St. 10 Housing Workshop, 11AM @BR 65 Laguna St.	4 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna Queer Elders Writing Workshop 12:30-3:30PM @ PAWS 11 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna
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13 LGBTQ Chat-1- 2PM Info on pg.9 Men's Group: Town Hall with Karyn Skultety. Info on pg. 1) 2-3:30PM @501 Castro St.	14 Trans 50+ & Fabulous Drop-In, 6-7:30PM @Trans Thrive Gay Gray Writers 4-5:30PM @BR 65 Laguna St.	15 Clearing House: Cluttering Support 12:30-2PM @BR 65 Laguna St. Info on pg. 4	16 Tai Chi 11AM-12PM @OHC 55 Laguna St. Grief Support Group, 4-5:30PM @BR 65 Laguna St. Reg. reqd. X315	17 Yoga 11-12PM @OHC 55 Laguna St. Reg. Rqd. Yiddish, 4-5:30PM@ BR 65 Laguna St.	18 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna Queer Elders Writing Workshop 12:30-3:30PM @ PAWS Friendly Visitor Discussion Group 10-11:15am
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27 LGBTQ Chat-1-2PM Info on pg.9 Men's Group 2-3:30PM @501 Castro St.	28 Housing Workshop, 11AM @BR 65 Laguna St. Trans 50+ & Fabulous Drop-In, 6-7:30PM @Trans Thrive Sister Circle, 12-1:30PM @ OHC Town Hall with Karyn Skultety. 1:30-3pm@ 55 Laguna Info pg.1 Gay Gray Writers 4-5:30PM @BR 65 Laguna St.	29	30 Tai Chi 11AM-12PM @OHC 55 Laguna St. Grief Support Group, 4-5:30PM @BR 65 Laguna St. Reg. reqd. X315	31 Yoga 11-12PM @OHC 55 Laguna St. Reg. Rqd. Yiddish, 4-5:30PM@ BR 65 Laguna St.	1 SEPT Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna Queer Elders Writing Workshop 12:30pm - 3:30pm @ PAWS
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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, August 21st 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 2nd 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 Well Connected (formerly 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 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, August 28th 12-1:30PM 55 Laguna St. Community Room

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

orq.

Men's Drop-In Social Hour





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

Join us! For questions or more info, contact Sylvia on (415) 659-8123 or email sylvia@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, August 10th 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.**

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

Openhouse has an exciting opportunity to learn from you, our community! We've received funding to expand a few of our programs and evaluate their impact through a historic Community Participatory Research Project. We are seeking input from participants experiencing Openhouse programs for the first time, so that we can measure if they make a difference in the lives of LGBTQ



seniors. More specifically, the focus of our research project is to look at impacts related to participation in Openhouse Lunches, Support Groups, and Friendly Visitor visits.

We are seeking community members age 55+ who have attended <u>5 or FEWER</u> 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. *Your voice matters!*

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

PLEASE NOTE: Weekly Drop-In Meditation at Openhouse is Going on Hiatus! Our weekly drop-in meditation group is on hiatus until the fall.

Queer Disability Art – Deadline EXTENDED!

We are calling for 2D visual art submissions from local Bay-Area based LGBTQ artists with disabilities for Steppingstone's Queer/Trans Disability Art Exhibit!

The Exhibit will run September 30, 2018 to December 31, 2018 and will be shown in the Program Center's reception area with selling price posted. We can offer a small stipend of \$100 per artist. Any and all proceeds from the art will go directly to the artists.

To submit, please attach a short bio, artist statement, and photos of your art submission in email to D.Hilton at dhilton@steppingstonehealth.org

Artists may send up to 5 submissions for review, giving dimensions and weight (if more than 10 lbs) of each piece, in the body of their email.

We ask that each piece be framed and wired before drop-off at the center. Please let us know if you need assistance with this.

Submission Requirements:

- Bay-Area based, local
- Artist must identify as LGBTQ and have a disability
- Submission deadline: September 1, 2018
- People of color, transgender people and older adults strongly encouraged to apply.



- Nursing
- Social Work
- Personal Care
- Meals
- Social Programs
- Physical Therapy
- Occupational Therapy and more!

Women's Afternoon at the Movies

We warmly welcome all women-identified LGBTQ community members to join us every 3rd Friday of the month to socialize and watch movies. Light snacks and refreshments will be served. *RSVP*: Sylvia at 415-659-8123 or sylvia@openhouse-sf.org



WHEN: Every 3rd Friday from 1–3:45PM

Upcoming Films

*Strangers in Good Company— 8/17/18 *To Wong Foo, Thanks for Everything, Julie Newmar— 9/21/18 *Boys on The Side— 10/19/18



