

An Invitation from Our Executive Director: *Join Me for Town Halls!*

Hi all-

2019 has begun and promises to be an amazing year for Openhouse! In just a few short months, we will welcome new residents to the Marcy Adelman and Jeanette Gurevitch community at 95 Laguna. In the summer of 2019, we will open the doors to 75 Laguna- a new center for our programs and services where we hope the entire Bay Area LGBTQ community will come to celebrate and center the lives of our seniors. In addition, we will continue to expand our partnerships, including our ongoing work with SteppingStone and new program development with On Lok, as we seek to transform aging services in San Francisco to meet the needs of the LGBTQ community and ensure our seniors can age in the place they call home.



To that end, it's time again for Town Hall Meetings! This will give me a chance to share some of the accomplishments from 2018, 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 welcome- whether 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!

Best,
Karyn Skultety, PhD
Executive Director

TOWN HALL MEETINGS WITH KARYN

TUESDAY, FEB. 19th from 1:30 – 3PM (OH Community Room, 55 Laguna St.)

* **SUNDAY** *, FEB. 24th from 1- 2:30PM (Bob Ross LGBT Center, 65 Laguna St.)

MONDAY, FEB. 25th from 2- 3:30PM (501 Castro St. during Men's Group. All are welcome.)

TUESDAY, FEB. 26th from 1:30 – 3PM (OH Community Room, 55 Laguna St.)

DIFO (Doing It For Ourselves)

Mondays, Feb 4th – Apr 8th, 4–6PM, 55 Laguna Community Room

DIFO is a health education and support group for older lesbian, bisexual, and queer women 50 years or older. Women set their own health goals and receive education about healthier nutrition, physical activity, reducing stress, and aging as sexual minority women in a supportive environment. Over 150 women have participated in a DIFO group in the past five years and most of them find the sense of community and tools for healthier living to be personally beneficial. This 8-week session is open to new and past participants and will be facilitated by Jana Rickerson. Registration is required, please contact Ariel Mellinger at 415-503-4180 or ariel@openhouse-sf.org to register or for more info. Snacks will be provided.

Community Engagement Programs

It's Lunar New Year! Come Celebrate "Year of the Pig" with Openhouse!

Please join us for a performance of Chinese Folk Dance, Singing, and Tai Chi from a local San Francisco performance group.

Thursday, Feb. 7th
from 1:30 – 3PM

55 Laguna Community Room
Snacks and drinks provided



For info and to RSVP, contact Armando Paone 415.728.0194 or armando@openhouse-sf.org.

Outing to the Asian Art Museum, anyone?!



Let's explore together on this docent-led tour of the *Kimono Refashioned Exhibit* which, "reveals the enduring impact of Japanese design on high fashion from the Victorian era to the digital age."

Thursday, February 21st at 12:45PM

Enter through Main Entrance at 200 Larkin Street.

Meet Openhouse group at the Admissions Desk. **PLEASE NOTE:** One hour docent tour starts at 1PM. Following the tour, community members are welcome to visit the other collections in the Asian Art Museum. **RSVP required.** RSVP to Armando Paone. In order to accommodate all our community members, please let us know if a wheelchair will be needed.

In Celebration of Black History Month, join us for two special events!

MOAD

Museum of the African Diaspora

Docent-led tour at the Museum of the African Diaspora

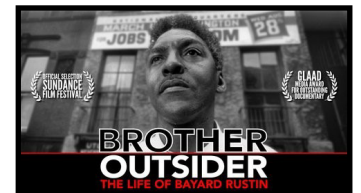
Friday, February 22nd at 12:45PM, 685 Mission St. (cross street is 3rd St.)

We hope you will join us for this docent – led tour of "Black Refractions," *Highlights from the Studio Museum of Harlem*. This exhibit surveys close to a century of creative achievements by artists of African descent.

PLEASE NOTE: Tour starts at 1PM. Following the tour community members are welcome to view other exhibits in the museum. **RSVP required.** Please RSVP to Armando Paone, 415.728.0194 or armando@openhouse-sf.org. In order to accommodate all our community members, please let us know if a wheelchair will be needed.

Film Screening: *Brother Outsider*

Wednesday, February 27th, 55 Laguna Community Room, 1:30 – 3PM
(Directly after Rainbow Lunch)



Another opportunity to see an important film about the life of Bayard Rustin. This film portrays the life and career of Bayard Rustin who, during his 60-year career as an activist and organizer, formulated many of the strategies that propelled the U.S. Civil Rights Movement. His passionate belief in the philosophy of non-violence drew Martin Luther King, Jr. and other leaders to him in the 1940s and 1950s. In 1963, he became a principal organizer of the historic March on Washington. Nevertheless, his open homosexuality forced him to remain in the background.

Community Engagement Programs

Questions about any programs listed here or to *RSVP?*

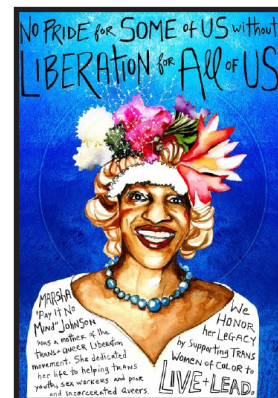
Contact Faire, OH Activities Coordinator, 415.231.5883 or ffaircloth@openhouse-sf.org

Staying Connected to Services: *In The Life* A Discussion Group for LGBTQ People of Color

2nd & 4th Mondays in April from 2 – 3:30PM

SteppingStone Mission Creek at 930 4th St.

Starting in April, we'll be holding a biweekly discussion group in partnership with SteppingStone for LGBTQ people of color. Prejudice, bias and bureaucracy make government systems almost impossible to cope with every day. The struggle is real! Come share your tips, strategies and support with others in a positive environment. We will learn together how to get what we want from community resources, support services and government benefits.



Art credit: Micah Bazant

This group will be facilitated by Myles Dixon who has a master's degree in Health Systems Administration and has both personal and professional experience working with health-related community organizations. RSVP Required. To RSVP or get more info, contact D. at 510.863.0359 or dhilton@steppingstonehealth.org.

Gay Gray Writers in The Graying of Gay: Stories from the Annals of Senior Gay Memoirists

Thursday, February 7th, 6:30 – 8PM at SF LGBT Center (1800 Market St.)

Join the Gay Gray Writers at this community event to meet these men, hear their stories, and learn about their lives, loves, friends, and adventures in and out of San Francisco. The Gay Gray Writers is a group of mature male memoir writers who meet bi-weekly at Openhouse to review and share their stories. Come and join them for an evening of evocative, thoughtful, and emotional readings of their work.

For more info please contact: Luis de la Garza, nosolotaxi@hotmail.com.

New to Openhouse? We want to hear your perspective!

Openhouse has an exciting opportunity to learn from you, our community! Through participation in the CRDP (California Reducing Disparities Project), we are looking for input from participants experiencing Openhouse programs for the first time. We are measuring if our programs make a difference in the lives of LGBTQ seniors and we want to hear from you!

Participation in the CRDP is completely voluntary and does not impact participation in Openhouse programs.

If eligible, participants will be offered a Safeway giftcard for enrolling.

For questions about eligibility or to enroll in the CRDP, contact Ariel: 415.503.4180 or ariel@openhouse-sf.org.

Community Engagement Programs

Questions about any programs listed here or to RSVP?

Contact Faire, OH Activities Coordinator, 415.231.5883 or ffaircloth@openhouse-sf.org

Trans Elder Lunch

Tuesday, February 19th
12-1:30PM at 55 Laguna
Community Room

Openhouse honors transgender elders in our community! If you identify as a trans older person, we hope you'll join us every 3rd

Tuesday for a monthly lunch for trans elders at Openhouse! RSVP to Faire.

Rainbow Lunch a community gathering
2nd and 4th Wednesdays, 12-1:30PM
at 55 Laguna Community Room

Please join us for a unique opportunity to be with community to socialize, laugh, feel supported, and make new friends in a safe and welcoming space. Due to the wonderful popularity of the lunch, please RSVP no later than 10AM the Monday before the luncheon. **RSVP required.** We ask folks to please arrive no earlier than 11:45PM and no later than 12:30PM to ensure folks can be escorted up to the 2nd Floor Community Room at 55 Laguna St. RSVP required please contact Faire at details above.

Sister Circle

Tuesday, February 26th, 12-1:30PM
at 55 Laguna Community Room



Many of us are still living in the city! Let's get together to grow friendships and make new connections. We warmly welcome all women identified community members to join us for a luncheon on the 4th Tuesday of every month.

RSVP required please contact Faire on details above.

Men's Drop-In Social Hour

2nd and 4th Thursdays, 1:30-3PM
at 55 Laguna Community Room

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



View and Discuss LGBTQ-Interest Movies With Other Movie-Lovers!

Screenings with discussion to follow in the Openhouse Community Room at 55 Laguna St.

12:30-3PM

Feb. 6: *Moonlight* | Feb. 20: *Weekend*

Please contact Armando Paone at 415-728-0194 or armando@openhouse-sf.org to RSVP.

Women's Afternoon at the Movies, 1-4PM

We warmly welcome all women-identified community members to join us every 3rd Friday of the month to socialize and watch movies. Light snacks and refreshments will be served.

Feb. 15: *World Unseen* | March 15: *True Love*

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



Housing, Resources and Navigation

Openhouse Welcomes Tajinder Virdee!

Tajinder (she/ella) is joining Openhouse as a recent transplant from Phoenix. She graduated from Arizona State University after working with the university's Rainbow Coalition, a group that maintains connections with a variety of LGBTQ+ groups, services, and resources. As the new Resources and Referrals Navigator of Openhouse's Aging and Disability Resource Center (ADRC), she is available to meet with community members one-on-one to provide information, referrals and assistance including help with navigating benefits, coordinating resources, translation or interpretation, completing forms, and more. Contact Tajinder by phone or email, or stop by our offices at Bob Ross LGBT Senior Center, 65 Laguna St.



HOUSING: *You don't have to look alone!*

95 Laguna lottery results were announced on January 22nd, and you will be contacted if you have been selected. If you have lost your lottery number, please contact Aisling at 415.685.0886 and she will assist you.



Housing Workshops at Openhouse

February Workshops: Friday, 8th @ 11AM & Tuesday, 26th @ 11AM

Need help understanding how to apply for affordable senior housing in San Francisco? Openhouse is here to help! Join us for an hour-long presentation at Openhouse where we cover the basics you need to know as you look for housing. We will decode the process of applying for housing and suggest next steps. Workshops are held at Openhouse, Bob Ross LGBT Senior Center @ 65 Laguna St. RSVP required. Please contact Aisling at 415.685.0886 or apeterson@openhouse-sf.org.

Wondering how you did in the 95 Laguna lottery?

Here's how to check your rankings:

1. Visit <https://housing.sfgov.org/listings>
2. Scroll down to "Lottery Results" and click "Show lottery results"
3. Find "MARCY ADELMAN AND JEANETTE GUREVITCH OPENHOUSE COMMUNITY" and click it
4. Click "View Lottery Results"
5. Enter your lottery number!



Please feel free to call Jessi at (415) 231-5870 if you have questions about your lottery results.

Support and Wellness Programs

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

Drop-In Meditation Is Back!

Mondays, 11AM-12PM, Bob Ross LGBT Senior Center, 65 Laguna St.

Come find some space in the chaos and learn some tools to get along skillfully and with awareness in this complex world.

We are so excited to offer this weekly drop-in practice and to welcome David Lewis, our long-time instructor, and Kathy Barr, our newest instructor to the Openhouse sangha. We invite all levels of practitioners--as well as those who are just interested in seeing what meditation is all about- *join us!*

This program is co-sponsored by Openhouse and Shanti.



LGBTQ Group for Those who Care for Someone with Dementia *in partnership with the Alzheimer's Association*

February 27th, 6-7:30PM, Bob Ross LGBT Senior Center at 65 Laguna St.

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. "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.

4th Friday Health & Wellness: *Discover Your Personal Cannabis Therapy Regimen*

Friday, February 22nd, 3-4:30PM, 55 Laguna Community Room, No RSVP required

This talk is about cannabis basics for symptom management, how we all metabolize cannabis differently, and best practices to determine dosage. We will also have time for Q&A.

Sara Payan is a nationally recognized and award-winning cannabis educator, speaker, public policy advocate, writer and consultant. She is the Public Education Officer for the Apothecarium in San Francisco and was the vice-chair of the San Francisco Cannabis State Legalization Task Force from 2016-2018. She is a guest lecturer at UCSF, Kaiser and City College San Francisco where she created and led their first cannabis education workshops and a writer for Cannabis Now Magazine. For more information, please visit www.sarapayan.com.

Trans/Gender-Variant Support Group at SteppingStone

1st & 3rd Mondays, 2:00-3:15PM, 930 4th St. Registration required.

Starting in March, we'll be holding a biweekly support group for transgender & gender-variant people at SteppingStone Mission Creek. This will be an open-ended drop-in group where members can share their stories, seek referrals and advice, and cultivate a sense of community. The facilitator is looking for input from community members while developing this group—please see contact information below! This group will be facilitated by D. Hilton, ASW. It is free and requires an interview with the facilitator prior to enrollment. For more info and to set up an interview, contact D. at 510.863.0359 or dhilton@steppingstonehealth.org.



SteppingStone
Your Path to Health and Independence

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Living with Loss: Drop-in Grief Support, 1–2:30PM, BR 65 Laguna St. Yiddish, 4–5:30PM BR 65 Laguna St., Reg req'd X305	2 Games, 10AM–1PM, BR 65 Laguna St. Queer Elders Writing Workshop 12:30–3:30PM, PAWS Art Group 1:15–4PM, BR 65 Laguna St.
3	4 Drop-In Meditation 11AM -12PM, BR 65 Laguna St. Men's Group, 2–3:30PM 501 Castro St. Dreams Group, 4–5:15PM Reg req'd, X316 for info DIFO, 4–6PM, X315 for info	5 Gay Gray Writers, 4–5:30PM BR 65 Laguna St. Intro to Spanish, 6–7:30PM BR 65 Laguna St. Reg. req'd	6 Clearing House: Cluttering Support, 12:30 –2PM BR 65 Laguna St. Film Screening: <i>Moonlight</i> 12:30 -3PM, OHC 55 Laguna 1800 Market St., SF LGBT Center ----->	7 Special Event! Lunar New Year Event, 1:30–3PM, OHC 55 Laguna X305 to RSVP Spirituality & Aging, 2:30–3:45PM Reg req'd, X311 for info Intermediate Italian, 4–5:30PM Special Event! The Graying of Gay Reading Event. 6:30–8PM	8 Housing Workshop, 11AM RSVP req'd, X319 White Privilege Workshop 10AM–4PM, X315 to RSVP Visit to Muttville, 2PM 255 Alabama St. Yiddish, 4–5:30PM BR 65 Laguna St., Reg req'd X305	9 Games (CANCELLED due to construction) Queer Elders Writing Workshop 12:30–3:30PM, PAWS White Privilege Workshop, 10AM–4PM X315 to RSVP Art Group (CANCELLED due to construction)
10	11 Drop-In Meditation 11AM–12PM, BR 65 Laguna St. LGBTQ Chat, 1–2PM Ask the Nurse: 1:30–2:30PM Drop-In Hours: 2:30–4:30PM BR 65 Laguna St. Men's Group, 2–3:30PM Dreams Group, 4–5:15PM Reg req'd, X316 for info DIFO, 4–6PM, X315 for info	12 End of Life Planning Workshop 1–3PM, OHC 55 Laguna RSVP req'd, X315 Trans 50+ & Fabulous Drop-In 6–7:30PM, Trans Thrive Intro to Spanish, 6–7:30PM BR 65 Laguna St. Reg. req'd	13 Rainbow Lunch, 12–1:30PM 55 Laguna St., RSVP req'd. X322 Friendly Visitor Discussion Group 6–7PM, BR 65 Laguna St.	14 Tai Chi, 11AM–12PM OHC 55 Laguna St. Registration req'd, X315 Men's Drop-In Social Hour 1:30–3PM, OHC 55 Laguna St. Spirituality & Aging, 2:30–3:45PM Reg req'd, X311 for info Intermediate Italian, 4–5:30PM OHC 55 Laguna, Reg req'd, X305	15 Living with Loss: Drop-in Grief Support 1–2:30PM, BR 65 Laguna St. Women's Afternoon at the Movies "World Unseen," 1–4PM, OHC 55 Laguna Yiddish, 4–5:30PM BR 65 Laguna St., Reg req'd X305	16 Games, 10AM–PM, BR 65 Laguna St. Queer Elders Writing Workshop 12:30–3:30PM, PAWS Art Group 1:15–4PM, BR 65 Laguna St.
17	18 Openhouse Offices Closed	19 Trans Elder Lunch, 12–1:30PM OHC 55 Laguna X322 for info Town Hall with Karyn Skultety 1:30–3PM, OHC 55 Laguna St. Gay Gray Writers 4–5:30PM BR 65 Laguna St. Intro to Spanish, 6–7:30PM BR 65 Laguna St. Reg. req'd	20 Clearing House: Cluttering Support, 12:30–2PM BR 65 Laguna St. Film Screening: <i>Weekend</i>	21 Tai Chi, 11AM–12PM OHC 55 Laguna St, Reg req'd Outing to the Asian Art Museum RSVP req'd: X305, See p. 2 Spirituality & Aging, 2:30–3:45PM Reg req'd, X311 for info Intermediate Italian, 4–5:30PM (CANCELLED)	22 Outing to MoAD, 12:45PM RSVP req'd: X305, see p. 2 4th Friday Health & Wellness: "Discover Your Personal Cannabis Therapy Regimen", 3–4:30PM OHC 55 Laguna Comm. Rm Yiddish, 4–5:30PM BR 65 Laguna, Reg req'd, X305	23 Games, 10AM–1PM, BR 65 Laguna St. Queer Elders Writing Workshop 12:30–3:30PM, PAWS Art Group 1:15–4PM, BR 65 Laguna St.
24	25 Drop-In Meditation 11AM–12PM, BR 65 Laguna St. Town Hall with Karyn Skultety 1–2:30PM BR 65 Laguna St. LGBTQ Chat, 1–2PM Men's Group, 2 –3:30PM 501 Castro St. Town Hall with Karyn Skultety 2–3:30PM, 501 Castro St Dreams Group, 4–5:15PM Reg req'd, X316 for info DIFO, 4–6PM, X315 for info	26 Housing Workshop, 11AM RSVP req'd, X319 Sister Circle, 12–1:30PM OHC 55 Laguna, X303 for info Town Hall with Karyn Skultety 1:30–3PM, OHC 55 Laguna St. Trans 50+ & Fabulous Drop-In 6–7:30PM, Trans Thrive Intro to Spanish, 6–7:30PM BR 65 Laguna St. Reg. req'd	27 Rainbow Lunch, 12–1:30PM 55 Laguna St., RSVP req'd, X322 Special Screening: <i>Brother Outsider</i> 1:30–3PM, OHC 55 Laguna St. LGBTQ Caregivers of those with Dementia Support Group 6–7:30PM, BR 65 Laguna St.	28 Tai Chi, 11AM–12PM OHC 55 Laguna St. Registration req'd, X315 Men's Drop-In Social Hour, 1:30–3PM, OHC 55 Laguna St. Spirituality & Aging, 2:30–3:45PM Reg req'd, X311 for info Intermediate Italian, 4–5:30PM OHC 55 Laguna, Reg req'd, X305	MARCH 1 Living with Loss: Drop-in Grief Support, 1–2:30PM BR 65 Laguna St. Yiddish, 4–5:30PM BR 65 Laguna St., Reg req'd, X305	2 Games, 10AM–1PM, BR 65 Laguna St. Queer Elders Writing Workshop 12:30–3:30PM, PAWS Art Group 1:15–4PM, BR 65 Laguna St.

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 | PAWS: 3170 23rd St. | SteppingStone: Mission Creek Adult Day Health Center 930 4th St.

Support and Wellness Programs

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
at Bob Ross LGBT Senior Center,
65 Laguna St.

Fifty+ and Fabulous!

Trans Drop-In Group and Dinner

Trans Thrive and Openhouse join forces to offer a trans drop-in group, “Fifty+ and Fabulous!” This facilitated group welcomes all transgender folks in their golden years. Group is free and food is served!

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

For more info please email:
transthive@apiwellness.org
or 415.292.3420 ext 348.



LGBTQ Chat Group

in collaboration with Well-Connected.
This telephone-based group is held
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 Ariel Mellinger, ASW.

For more information or to register, please
call Senior Center Without Walls, **toll-free at**
877.797.7299.

LGBTQ Online Caregiver Discussion Group

For more info: ariel@openhouse-sf.org

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!



Living with Loss: Drop-In Grief Group

1st and 3rd Fridays, 1-2:30PM at Bob Ross LGBT Senior Center
65 Laguna St. No need to RSVP.

Join Openhouse and VITAS Healthcare for a drop-in grief support group for 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. For questions, contact Dale Poland at **408.964.6866** or dale.poland@vitas.com.



Community Engagement Programs

VOLUNTEER with Openhouse! Every little bit counts!

Are you available to volunteer at Openhouse? We have multiple needs for volunteers including for our Rainbow Lunches, Trans Elder Lunch, Sister Circle, Men's Drop-In Social, front desk reception, and more! 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!



Please call Kirk at **415-213-5888** or klorenzo@openhouse-sf.org for more details.

Would You Like a Visitor? Join our Friendly Visitor Program!

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.

White Privilege Workshop

Feb. 8th and Feb. 9th, 10AM – 4PM, 55 Laguna St.

RSVP required. Please contact Ariel Mellinger 415.503.4180 or ariel@openhouse-sf.org.

Racism deeply impacts our LGBTQ community and we believe that white people have a particular role to play in ending racism. It can be incredibly difficult, often confusing, and deeply painful to acknowledge our privilege as white folks as we simultaneously live with the often traumatic history that comes with being LGBTQ older adults. It is ok to be afraid. We carry the grief and pain of racism. As white people, we have been conditioned by our culture not to talk about race and our complicated identities.

Join Openhouse for a two-day exploration of soul-searching and skill-building to learn how to better connect around conversations about race and racism. We are excited to offer a space to reflect, be curious, and compassionately examine whiteness, our relationship to it, how it impacts our role in racism, and how we can grow beyond our conditioned ways of being. We welcome all white-identified LGBTQ older adults to this workshop. This work is truly about the journey, not the destination.

This workshop will be facilitated by Molly Reno,
Claire Whitmer and Bill Blackburn

Support and Wellness Programs

NEW! Embracing Sexuality as We Age: *Two new groups beginning Feb 2019!*

Openhouse is excited to bring back this offering in a new form: with separate groups for female-identified and male-identified community members. These groups aim to create dynamic spaces to talk about how we can understand, accept, and embody our sexuality as we age. We will explore the many aspects of sex and sexuality and how they relate to other parts of our lives while also supporting and learning from one another. We uphold the idea that all bodies are desirable and worthy of sex (when, and if you want it!).

The female-identified group will be facilitated by Maggie Furey, MSW and Ariel Mellinger, ASW. The male-identified group will be facilitated by José Buenrostro, M.S. An interview with the facilitator is required prior to enrollment.

Registration and interview are required. For more info and to set up an interview, contact Ariel at 415.503.4180 or José at 415.231.5871.

MUTTVILLE senior dog rescue

Friday, February 8th, 2PM
255 Alabama St.



We visit Muttville 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.

Let Ariel know if you can join at 415.503.4180 or ariel@openhouse-sf.org.

Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.

~Audre Lorde

Ask the Nurse: Meeting the Needs of Older Adults Living with HIV

February 11th, 2019 at Openhouse, Bob Ross LGBT Senior Center, 65 Laguna St.
Lecture 1:30-2:30PM | Individual Consultation (30 min appts): 2:30-4:30PM

Ask the Nurse is here! Jim Gatewood, RN, PhD, nurse navigator at SteppingStone Adult Day Health Care and UCSF nurse practitioner student, will host a series of monthly discussions on issues that are important to older adults in the LGBTQ community. Ask the Nurse is an opportunity for anyone with questions about their own healthcare to come and talk with Jim in a safe, open, and supporting environment. This month, Jim's topic will be "Meeting the Needs of Older Adults Living with HIV". In addition to answering questions from audience members, Jim will discuss issues including accessing healthcare, medication compliance, and ways to stay healthy at home. Jim will be available for a couple of hours after each presentation to meet with individuals one-on-one to help answer any specific questions – we encourage you to schedule an appointment during the consultation hours. To book a consultation, contact D. Hilton at 510.863.0359 or dhilton@steppingstonehealth.org.