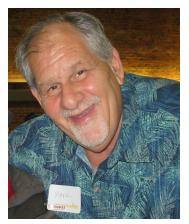
opennouse

march 2019



Mark Braverman, 8.16.1955 – 1.23.2019

Longtime Openhouse volunteer, community member, and donor, Mark Braverman, died peacefully in his home on Jan 23, 2019. He was with Bill, his beloved partner of 29 years, and his brother Alan at the time of passing. Mark was born in Milwaukee, WI to Jean and Max Braverman and grew up there with his two older brothers, Alan and David, until he moved to San Francisco in 1984 to work as a property manager for a large commercial office complex. He met his partner Bill shortly thereafter. After retiring at age 43, he and Bill travelled the world together and had a rich life with a robust and interesting community. They were married in San

Francisco in 2014.

Mark contributed to the Openhouse community in so many ways: as a Friendly Visitor, support group facilitator, as well as volunteering at countless Openhouse activities and programs. He would often reach out to community members to make sure they were able to get to Openhouse groups and activities. Mark was a touchstone for many and was so gifted at bringing folks together. He was generous with his time and devoted to his loved ones, friends and community. We will miss you, Mark!

Sister Circle is calling all LGBTQ women-identified folks to join in these upcoming events:

- Monday, March 11, 1:30PM Unsung Heroes at the SFPL
- Friday, March 15, 10:30AM Sisters on the Move walking group
- Friday, March 15, 1PM Women's Afternoon at the Movies
- Monday, March 18, 1PM Showing of "Hidden Figures"
- Wednesday, March 20, 10AM Celebration of Women's History Month
- Tuesday, March 26, 12PM Sister Circle

See page 9 for information!

Transgender Day of Visibility (TDOV) Brunch

Sunday, March 31, 12-2PM @ 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 brunch honoring transgender community members.

Please RSVP to Faire, at 415.231.5883 or ffaircloth@openhouse-sf.org

Dear Community Members,

In January, Openhouse omitted the name of gay civil rights hero Bayard Rustin on the initial flier for the film screening of Brother Outsider. Bayard Rustin was a major architect of the Civil Rights movement and we understand that our failure to name him was a painful erasure of African-American History that hurt members of our community. We apologize for this omission and are so grateful for your feedback.

Should you want to provide feedback on future Openhouse fliers or newsletters, please contact Sylvia Vargas at sylvia@openhouse-sf.org.

Share Your Bar Stories!

Bars were the first havens where LGBTQ people claimed public space -- and where we found love, drama, joy, trouble, and one another. We built community in the bars, and a shared sense of who we are. We encountered police harassment, and the ever-present threat of raids inspired us to fashion new forms of resistance. Bars were places of exclusion as well, with double carding and warm drinks used to discriminate against people of color, trans people, and others. The role of alcohol in bars brought both high spirits and devastation.

What role have bars played in your life? Do you remember your first time stepping into one, or your last? Was one bar central to your life's unfolding? Did you find love or trouble – or was it a package deal? Please share your bar story from any time period, fact, fiction or some intriguing

combination. Submit an 800-1400 word story by April 20 to kharris@openhouse-sf.org (and include a photo if you can).

On May 9th, we will celebrate these Bar Stores at Openhouse. Sister Rosemary Chicken of the Sisters of Perpetual Indulgence will read some of the stories aloud, the authors will read others (their preference), and Katie Gilmartin will share research on the infamous 1954 bar raid on the lesbian bar, Tommy's Place. More details to come in next month's newsletter!

Support and Wellness Programs

Yoga for Older Adults

Thursdays, beginning April 4, 11AM – 12PM, 55 Laguna Community Room. Registration is required.

New to yoga? Haven't done it in a while? You're invited! This is a class for you to explore, no matter where you're coming from, and towards your own goals for practice. This weekly class focuses on increasing flexibility, balance and strength



and will be designed to be enjoyed by beginners and those with experience. The instructor offers a slow flow for all bodies, connecting breath and movement in a grounding, nourishing, and lifegiving practice.

Instructor, Jay Tzvia Helfand is a facilitator, educator and graduate student in Somatic psychotherapy. They have been teaching yoga and somatics for queer, trans and disabled communities for the last 6 years. Jay also organizes with the White Noise Collective, gardens, reads poems, and goes on walks in the woods.

Support and Wellness Programs

Drop-In Meditation

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 bring back this weekly drop-in practice and to welcome David Lewis, our long-time instructor, and Kathy Barr, our newest instructor to the Openhouse practice. We invite all levels of practitioners-as well as those who are just interested in seeing what meditation is all about--to join us! Program co-sponsor: Shanti.

Living with Loss: Drop-In Grief Group 1st and 3rd Fridays, 1 – 2:30PM, Bob Ross LGBT Senior Center at 65 Laguna St.

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

Trans/Gender-Variant Support Group at SteppingStone

Mondays: March 4 and 18, 2 - 3:15PM, 930 4th St. Registration required.

Join ROAR for Aging for a biweekly support group for transgender and gender-variant people at SteppingStone Mission Creek. Held on the first and third Mondays, this is an open-ended drop-in group where members can share their stories, seek referrals and advice, and cultivate a sense of community. 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

MUTTVILLE senior dog rescue

Friday, March 8, 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 us know if you can join, contact Ariel at 415.503.4180 or email ariel@openhouse-sf.org

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

Wednesday March 27, 6-7:30PM, Bob Ross LGBT Senior Center, 65 Laguna St. No need to RSVP.

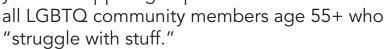
We welcome diverse LGBTQ caregivers to this monthly, free drop-in support group. Caring for someone with dementia, whether mild or severe, is important work and inspires many questions about how to deal with what is. We welcome you to join the conversation. Contact Ariel at 415.503.4180 or email ariel@openhouse-sf.org with any questions.

Support and Wellness Programs

Questions about any programs listed here? Contact Ariel, SWP 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



The group is a non-judgmental, confidential, and supportive space where you can share your struggles and strategies with other I GBTQ folks.

Every 1st & 3rd Wednesdays 12:30-2PM at Bob Ross LGBT Senior Center, 65 Laguna

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: transthrive@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 GroupFor more info: sylvia@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!

CONNECT

Sean Dorsey Dance's BOYS IN TROUBLE

SIX complimentary tickets available for Saturday, March 16, 4PM

BOYS IN TROUBLE is a timely and urgent commentary on contemporary masculinity – these powerful dances place a trans and gueer lens onto intersectional guestions of embodiment, violence, Black queer love, whiteness, shame and posturing. Please contact Faire at 415.231.5883 to request a ticket!

Support and Wellness Programs

4th Friday Health & Wellness: "Integrative Aging" Friday, March 22nd, 12-1PM, 55 Laguna Community Room

Join Openhouse for a free seminar to learn about Integrative Aging, which helps people age 60 years and older live well by drawing from both conventional and complementary medicine. The presenter will talk about how complementary, alternative, and conventional care can work together, which supplements and herbal medicines are effective, how people can improve their health and function even on a limited budget, pain management, and more.

The presenter, Louise Aronson, MD., was trained at Harvard Medical School, UCSF's Internal Medicine and Geriatrics Program, and University of Arizona's Integrative Medicine. She won the Gold Professorship in Humanism in Medicine and California Homecare Physician of the Year. Her interests include optimizing healthcare for older adults, medical education, reflective learning, integrative geriatrics, and public medical writing.

Housing



Did you receive an interview with Mercy Housing for 95 Laguna? Do you need some extra support? One of our Housing Assistance staff can accompany you to your interview! Please leave a voicemail at 415.230.063 with your name as well as interview date and time and someone will get back to you with more information.

If you haven't heard from Mercy yet, don't fret! Folks will be contacted in order of preference category and the process could take a few months to complete.

Housing Workshops at Openhouse

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

Seeking creative ways to share expenses? Have you considered looking for a roommate to apply for housing with and to help stretch your resources? Stop by our office to add

ROOMMATE MATCHING your name to the "Roommate Matching Binder." This is an entirely self-serve resource; Openhouse won't be facilitating any matches.

Please note: it's important to remember that any information you share in the binder will be available for others to see.

Community Engagement Programs

Trans Elder Lunch

Tuesday, March 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!



Unsung Heroes: Black Shipyard Workers 1940 – 1945

Monday, March 11th, meet at 1:30PM at Bob Ross LGBT Senior Center at 65 Laguna St.

Join the Sister Circle, in an outing to this special exhibit at the San Francisco Public Library celebrates the contributions and sacrifices that African American shipyard workers working at San Francisco's Hunters Point Naval Base made during World War II.

Group will leave at 1:45PM to travel together to the San Francisco Public Library. RSVP required, contact Faire at (415) 231-5883.

Rainbow Lunch a community

gathering

Wednesdays, March 13 & 27, 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.

On March 13, join us for a special live performance from Het Hat Club, the Balkan Jazz band. The performance will start at 1PM.

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.



New to Openhouse? We would love 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! If eligible, participants will be offered an incentive for enrolling. Participation in the CRDP is completely voluntary and does not impact participation in Openhouse programs.

For questions about how to enroll in the evaluation or to learn more about the CRDP please contact Ariel at 415.503.4180 or or ariel@openhouse-sf.org

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 Reg req'd X305	2 Games, 10AM–1PM, BR 65 Laguna Queer Elders Writing Workshop 12:30–3:30PM, PAWS Art Group 1:15–4PM, BR 65 Laguna
3	4 Drop-In Meditation, 11AM -12PM BR 65 Laguna St. Trans/Gender-Variant Support Group at Stepping Stone, 2 - 3:15PM Reg req'd: (510) 863-0359 Men's Group, 2–3:30PM, 501 Castro Dreams Group, 4–5:15PM, Reg req'd	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.	7 Tai Chi, 11AM–12PM OHC 55 Laguna, Reg req'd, X315 Sexuality and Aging, 11AM - 12:15PM Reg req'd: X311 Spirituality & Aging, 2:30–3:45PM Reg req'd, X311 for info Intermediate Italian, 4–5:30PM	8 International Women's Day Visit to Muttville, 2PM 255 Alabama St. Yiddish, 4–5:30PM, BR 65 Laguna Reg req'd X305	9 Games, 10AM–1PM, BR 65 Laguna Queer Elders Writing Workshop 12:30–3:30PM, PAWS Art Group 1:15–4PM, BR 65 Laguna
10	11 Drop-In Meditation 11AM–12PM, BR 65 Laguna St. Computer & Smartphone Class 12 - 2PM, Reg req'd X305 LGBTQ Chat, 1–2PM Outing: "Unsung Heroes: Black Shipyard Workers 1940-1945" Meet at BR 65 Laguna at 1:30PM Men's Group, 2–3:30PM Dreams Group, 4–5:15PM, Reg req'd	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 Computer and Smartphone Class, 12 - 2PM Reg req'd X305 Friendly Visitor Discussion Group, 6–7PM BR 65 Laguna St.	Men's Drop-In Social Hour 1:30–3PM, OHC 55 Laguna St. Sexuality and Aging, 11AM - 12:15PM Reg req'd: X311 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. Sisters on the Move, 10:30 - 12:30PM BR 65 Laguna St. RSVP: X322 Women's Afternoon at the Movies "The Watermelon Woman" 1–4PM, OHC 55 Laguna Yiddish, 4–5:30PM, BR 65 Laguna 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
17	18 Drop-In Meditation, 11AM–12PM BR 65 Laguna St Film Screening: Hidden Figures showing 1PM- see p.9 Computer & Smartphone Class 12 - 2PM, Reg Req'd X305 Trans/Gender-Variant Support Group at Stepping Stone, 2 - 3:15PM Reg req'd: (510) 863-0359 Men's Group, 2 –3:30PM, 501 Castro Dreams Group, 4–5:15PM, Reg req'd	19 Trans Elder Lunch 12–1:30PM OHC 55 Laguna X322 for info Gay Gray Writers 4–5:30PM BR 65 Laguna St. Intro to Spanish, 6–7:30PM BR 65 Laguna St. Reg. req'd	20 Celebration of Women's History Month. See pg. 9 Computer and Smartphone Class, 12 - 2PM Reg Required X305 Clearing House: Cluttering Support 12:30–2PM, BR 65 Laguna St. Housing Workshop, 6PM BR 65 Laguna St. RSVP req'd, X319	21 Sexuality and Aging, 11AM - 12:15PM Reg Required: X311 Spirituality & Aging, 2:30–3:45PM Reg req'd, X311 for info Intermediate Italian, 4–5:30PM OHC 55 Laguna, Reg req'd, X305	22 4th Friday Health & Wellness: "Integrative Aging" 12-1PM OHC 55 Laguna Comm. Rm Yiddish, 4–5:30PM, BR 65 Laguna Reg req'd X305	Games, 10AM–1PM, BR 65 Laguna Public Reading: Queer Elders Writing Workshop - Write Away! 1 - 4PM, PAWS Art Group 1:15–4PM, BR 65 Laguna
31 Trans Day of Visibility Brunch 12-2PM OHC 55 Laguna	25 Drop-In Meditation 11AM–12PM, BR 65 Laguna St. Computer & Smartphone Class 12 - 2PM, Reg req'd X305 LGBTQ Chat, 1–2PM Men's Group, 2 –3:30PM 501 Castro St. Dreams Group, 4–5:15PM, Reg Req'd	Sister Circle, 12–1:30PM OHC 55 Laguna, X303 Trans 50+ & Fabulous Drop-In, 6–7:30PM Trans Thrive Intro to Spanish, 6–7:30PM	27 Rainbow Lunch, 12–1:30PM 55 Laguna St., RSVP req'd Computer and Smartphone Class, 12 - 2PM Reg req'd X305 LGBTQ Caregivers of those with Dementia Support Group, 6–7:30PM BR 65 Laguna St.	28 Men's Drop-In Social Hour, 1:30–3PM, OHC 55 Laguna St. Sexuality and Aging, 11AM - 12:15PM Reg req'd: X311 Spirituality & Aging, 2:30–3:45PM Reg req'd, X311 for info Intermediate Italian, 4–5:30PM OHC 55 Laguna, Reg req'd, X305	29 Yiddish, 4–5:30PM, BR 65 Laguna Reg req'd X305	30 Games, 10AM–1PM, BR 65 Laguna Queer Elders Writing Workshop 12:30–3:30PM, PAWS Art Group 1:15–4PM BR 65 Laguna

Community Engagement Programs Questions about any programs listed here or to RSVP?

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

Women's History Month Film Screening: "Hidden Figures"

Monday, March 18, 1-3:30PM 55 Laguna Community Room

Hidden Figures tells the incredible untold story of Katherine Jonson, Dorothy Vaughan and Mary Jackson-brilliant African-American women working at NASA who served as the brains behind the launch into orbit of astronaut John Glenn, a stunning achievement that turned around the Space Race. The visionary trio crossed all gender and racial lines and inspired generations.

A Celebration of Women's History Month Wednesday, March 20th, 10-11:30AM

55 Laguna Community Room

Please join us for a special brunch and discussion honoring our strength as women and the power we have in community with each other. Women-identified trans, nonbinary, and two-spirit folks welcome!

RSVP required, contact Faire Faircloth at 415.231.5883.

NEW! Sister Circle Community Outings

Fun outings to free museums with your fellow LGBTQ-identified Sisters. First Tuesdays of each month, starting in April 1PM. Meet at the Bob Ross LGBT Senior Center at 65 Laguna St. The museum will vary each month.

Sister Circle

Tuesday, March 26th, 12-1:30PM at 55 Laguna Community Room **RSVP** Required



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.

In honor of Women's History Month, during the lunch we will be playing "Mercedes Sosa: The Voice of Latin America," a bio documentary about the Argentine singer whose music addressed the workingclass and indigenous populations of Latin America.

NEW! Sisters on the Move

Friday, March 15, 10:30 - 12:30PM Walk at your own pace, hang with your Sisters, and build community. Every 3rd Friday of the month, preceding Women's Afternoon at the Movies

Meet at the Bob Ross LGBT Senior Center at 65 Laguna St. at 10:30AM.

Women's Afternoon at the Movies

Friday, March 15th, 1 – 4PM at 55 Laguna Community Room

Upcoming Film: "The Watermelon Woman"

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.

Community Engagement Programs

NEW! 6 Week Computer Skills & Smartphone Class

In collaboration with the Community Living Campaign, Openhouse will sponsor a series of classes on computer skills and Smartphone use. The six-week course will begin with an orientation session to assess the students' needs.

There will be two separate sections. Choose the section that best fits your schedule. Please note that space is limited and registration is required. Contact: Armando at (415) 728-0194 or email: armando@openhouse-sf.org.

Section 1: Mondays: March 11 through April 15: 12 – 2PM Section 2: Wednesdays: March 13 through April 17: 12 – 2PM.

Classes will be held at Community Living Campaign, 1663 Mission Street, Suite 525. Registration required. Contact Armando at 415.728.0194 or email: armando@openhouse-sf.org.

Staying Connected to Services "In the Life": A Discussion Group for LGBTQ People of Color

2nd & 4th Mondays starting in April, 2 - 3:30PM, 930 4th St. RSVP required.

Starting in April, we will 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.

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

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.











SPRING FLING

BRUNCH & TEA DANCE AFTER-PARTY SUNDAY APRIL 7TH 11AM RITZ-CARLTON





HONOREES ANNOUNCED!

TRAILBLAZER AWARD Ronald S. Johnson



For four decades of national HIV/AIDS advocacy and activism, winning progressive social change through the development of and advocacy for public policies. **FOUNDERS AWARD Neil Sims**



For his exceptional contribution to LGBTQ seniors by serving on the Openhouse board for 12 years and his past role as Commissioner at SF Dept. of Aging & Adult Services.