

## Openhouse Senior Pride: It's Not Just about June

Dear Community,

It is incredible to think about it being just over a month since we celebrated Pride. This was indeed a special year for Pride as together we marked the 50th anniversary of Stonewall and took Openhouse Pride to a whole new level. We held the largest Openhouse LGBTQ Senior Prom to date and watched in awe as the Openhouse Dance Troupe inspired all of us with their "Don't Stop Me Now" performance. We grew our annual transgender intergenerational brunch and saw the impact that a senior/youth planning committee had in building a community event for all ages. We were honored to party with the Sisters of Perpetual Indulgence right here at 55 Laguna. We claimed our place for the second year in a row as leaders of the Pride parade (contingent #5!) and when our chants of "Still Here! Still Queer! Seniors Are the Reason You're Here!" reached the Grandstand crowd and judges, we were awarded as a top contingent on the spot. From there, we headed to the main-stage, where I had the incredible honor of sharing the stage with Openhouse Community Members. Special thanks to Andrea Horne, Charlotte Lumpkins, Donna Persona, and Duff Axom who shared their personal stories and inspired us all with who they are.



As the days have passed, and the megaphones and rainbow hats have been put away for next year, I find myself aware of the ways our community can forget the lessons and true meaning of Pride- especially when it comes to knowing our seniors- the leaders of the LGBTQ movement. As we said on stage, it's easy to post on Facebook or share emails about Stonewall, while walking right by or forgetting the people who were actually there (or were here, fighting at Compton's and marching in the streets). We know that pride isn't a once of year activity and we know that our community is missing an opportunity if they aren't seeking the wisdom, resilience, lessons and love from LGBTQ seniors. There isn't a day that I don't feel lucky to learn from you or that I'm not aware of how fortunate I am to learn from those who paved the road for me.

So here is to another successful June and, more importantly, to pride all year long.

Best,  
Karyn

P.S. Speaking of opportunities to share and learn, please join me in August for another round of bi-annual Town Halls!

### Town Hall Meetings with Karyn

**Monday, August 19, 2- 3:30PM**

501 Castro Street during Men's Group  
All are welcome

**Tuesday, August 20, 1:30 – 3PM**

OH Community Room, 55 Laguna St.

**Sunday, August 25, 1- 2:30PM**

Bob Ross LGBT Center, 65 Laguna St.

**Tuesday, August 27, 1:30-3PM**

OH Community Room, 55 Laguna St.

WILL ALSO BE LIVE-STREAMED ON  
FACEBOOK

# Resources and Referrals

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## 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 and suggest next steps.



Workshops are held at Openhouse, Bob Ross LGBT Senior Center, 65 Laguna St. on:

Friday, August 9, **2PM** | Tuesday, August 27, **11AM**

To register, contact Jessi Lawrence at (415) 231-5870 or [jlawrence@openhouse-sf.org](mailto:jlawrence@openhouse-sf.org)

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## 4th Friday Health & Wellness: "Understanding Medicare"

Friday, August 23, 3-4:30PM, 55 Laguna Community Room. No need to RSVP.



Join Openhouse and HICAP (the Health Insurance Counseling and Advocacy Program) for a free presentation that will provide an overview on Medicare and HICAP services, help participants understand their options, and will include information on Medicare fraud and scams.

HICAP helps people with Medicare, their families, and caregivers understand health insurance benefits, options, and rights. They offer free, unbiased, one-on-one assistance from health insurance counselors registered by the California Department of Aging. Their services are free and they have different counseling sites around San Francisco.

Our presenters will be Ray Jones, Senior Medicare Patrol (SMP) Advocate and Charito Aquino, Community Outreach Coordinator.

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*Openhouse says thank you and goodbye to Tajinder Virdee, our Resource and Referral Navigator.*

**The Openhouse Aging and Disability Resource Center (ADRC) Drop-in Hours are on pause as we work to hire for this role.**

For more information on the position, please see page 11.

# Community Engagement Programs

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## Connecting Generations Creatively!

Calling all our artists, wordsmiths, musicians, and anyone looking to express their creativity! The MISCI Pilot for Creative Engagement is looking for Openhouse community members willing to develop a creative project with two college students over the course of 3 months. Openhouse is partnering with UCSF Global Brain Health Institute to offer this program and to study its impact on participants' health and wellbeing.

No background in arts is required, only a willingness to connect and create with younger people!

### Registration and eligibility required.

Contact Christine to learn more and to register:  
(415) 535-1237 or [cabiba@openhousesf.org](mailto:cabiba@openhousesf.org)



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## Join us for a new session of **Learning Basic Computer Skills**

Thursdays, 12 - 2PM, September 12 and 19; October 3 and 10.  
Community Living Campaign, 1663 Mission (between S.Van Ness & Plum) Ste 525  
Registration is required.

In partnership with Openhouse, Community Living Campaign will once again offer a 4-part series designed to help ease your way into the world of computer technology. Topics will include accessing the internet, composing e-mails, use of social media, and creating files.

*Please note: there is no class on September 26.*

To register, contact Armando at (415) 728 - 0194  
or [armando@openhouse-sf.org](mailto:armando@openhouse-sf.org)



## And for a new session of **How to Use Your Smartphone**

2 - 4PM, Community Living Campaign, address above  
Registration is required.

In addition to the course on Basic Computer Skills, Community Living Campaign will once again offer instruction on how to use your smartphone effectively. There will be separate sessions for iPhones and Androids as follows:

iPHONES: Tuesdays September 10 and 17; October 1 and 8.

ANDROIDS: Wednesdays September 11 and 18; October 2 and 9.

*Please note: there is no class on September 24 and 25.*

To register, contact Armando at (415) 728 - 0194 or [armando@openhouse-sf.org](mailto:armando@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](mailto:ffaircloth@openhouse-sf.org)

## Sisters on the Move

Friday, August 16, 11AM - 12:30PM

Meet at Openhouse located at 65 Laguna St. at Bob Ross LGBT Senior Center. RSVP required to receive a reminder call.

Contact Faire at (415) 231-5883.



Come walk, roll, or stroll at your own pace. Don't be shy! Come commune and explore with other LBT women-identified community members and their friends. All movement assistance devices are welcome. We move locally near 65 Laguna on the flattest streets around. Hearty and robust walkers are encouraged as well. We won't hold you back! Snacks and water provided.

## Women's Afternoon at the Movies

Friday, August 16, 1-4PM

55 Laguna Community Room

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. Upcoming Film **"Standing on My Sisters' Shoulders: Women of the Civil Rights Movement"**. If you have films that you would like to see shown by Openhouse, please email Faire at [faire@openhouse-sf.org](mailto:faire@openhouse-sf.org).

## Sister Circle

Tuesday, August 27, 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. In honor of Women's Equality Day, we will be watching a documentary that centers the voices of inspirational women. We warmly welcome all women-identified community members to join us for a luncheon on the 4th Tuesday of every month.

Contact Faire at (415) 231-5883.

## LGBTQ Online Caregiver Discussion Group

For more info: [sylvia@openhouse-sf.org](mailto: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!



## Openhouse is looking for group facilitators!

We are looking to build our facilitator base and would love to chat with you! We are looking for folks who have experience facilitating diverse groups. Contact Ariel to learn more and to join Openhouse as a group facilitator at (415) 503-4180 or [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org).

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## **TransGenerational Luncheon (formerly Trans Elder Lunch)**

Tuesday, August 20, 12-1:30PM at 55 Laguna Community Room

Creating connections across generations is key to building a stronger community, reducing isolation, and passing on our histories. This lunch is for ALL trans, gender queer, and nonbinary folks. We hope you'll join us every 3rd Tuesday for a monthly lunch for the TGNC community at Openhouse!



For more info, contact Faire at (415) 231-5883

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## **Rainbow Lunch**

*a community gathering*

Wednesdays, Aug 14 and Aug 28  
12-1:30PM, 55 Laguna Community Room  
RSVP to Faire at (415) 231-5883

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.

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## **Men's Drop-In Social Hour**

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

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



## **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 community members experiencing Openhouse programs for the first time.

If eligible, participants will be offered an incentive for enrolling. Participation in the CRDP is completely voluntary and does not impact your ability to access Openhouse programs.

To learn more about this opportunity and other programs at Openhouse, contact Ariel at (415) 503-4180 or [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)

# Support and Wellness Programs

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## Trans/Gender-Variant Support Group at SteppingStone Aug 5 and 19, 2 - 3:15PM, 939 4th St. Registration required.

Join ROAR for Aging for a biweekly support group for transgender and gender-variant people at SteppingStone Mission Creek. 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 is 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](mailto:dhilton@steppingstonehealth.org)

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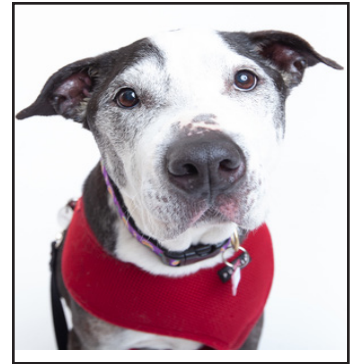


**SteppingStone**  
Your Path to Health and Independence



**The Openhouse visit to Muttville is  
CANCELLED this month.**

**We look forward to seeing you in September!**



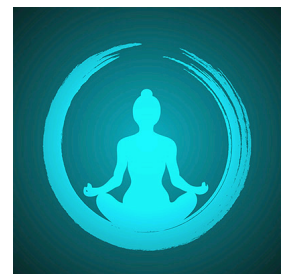
For more info, contact Ariel at (415) 503-4180 or email [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)

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## Yoga for Older Adults

Thursdays, beginning August 22, 11AM – 12PM  
55 Laguna Community Room. Registration is required.  
Contact Ariel at [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org) or (415) 503-4180

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 work towards your own goals for practice. This weekly class focuses on increasing flexibility, balance and strength and is 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 life-giving 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.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Grief Group, 4:15 - 5:30PM BR 65 Laguna, Reg. Req'd X315	2 Living with Loss: Drop-in Grief Support, 1-2:30PM, BR 65 Laguna	3 Games, 10AM-1PM, BR 65 Laguna Queer Elders Short Stories 12:30-3:30PM, PAWS Closed group, X322 for info <b>No Art Group Today:</b> Hiatus
4	5 Drop-In Meditation, 11AM -12PM BR 65 Laguna St. Trans/Gender-Variant Support Group 2 - 3:15PM, 930 4th St. Reg Req'd: (510) 863-0359 Men's Group, 2-3:30PM, 501 Castro Basic Conversational Japanese 4-5:30PM, BR 65 Laguna, Reg req'd: X305 DIFO, 5:45-7:15PM, BR 65 Laguna	6 Gay Gray Writers 4-5:30PM BR 65 Laguna St.	7 Clearing House: Cluttering Support 12:30-2PM, BR 65 Laguna St.  Romance Languages, 4 - 5:30PM BR 65 Laguna St, Reg Req'd: X305	8 Men's Drop-In Social Hour 1:30-3PM, OHC 55 Laguna St.  Grief Group, 4:15 - 5:30PM BR 65 Laguna, Reg. Req'd X315	9 Housing Workshop, 2PM BR 65 Laguna St. RSVP req'd, X313  <b>Muttville is CANCELLED</b> this month.	10 Games, 10AM-1PM, BR 65 Laguna  Queer Elders Short Stories 12:30-3:30PM, PAWS Closed group, X322 for info <b>No Art Group Today:</b> Hiatus
11	12 Drop-In Meditation, 11AM-12PM BR 65 Laguna St. LGBTQ Chat, 1-2PM "In the Life" Discussion for LGBTQ People of Color. RSVP to X322 for info Men's Group, 2-3:30PM, 501 Castro Basic Conversational Japanese 4-5:30PM, BR 65 Laguna, Reg req'd: X305 DIFO, 5:45 - 7:15PM, BR 65 Laguna	13	14 Rainbow Lunch, 12-1:30PM OHC 55 Laguna St. RSVP req'd: X322  Romance Languages, 4 - 5:30PM BR 65 Laguna St, Reg Req'd: X305	15 Grief Group, 4:15 - 5:30PM BR 65 Laguna, Reg. Req'd X315	16 Sisters on the Move, 11 - 12:30PM BR 65 Laguna St. RSVP: X322  Living with Loss: Drop-in Grief Support, 1-2:30PM, BR 65 Laguna  Women's Afternoon at the Movies "Standing on my Sisters Shoulders" 1- 4PM, OHC 55 Laguna	17 Games, 10AM-1PM, BR 65 Laguna  Queer Elders Short Stories 12:30-3:30PM, PAWS Closed group, X322 for info <b>No Art Group Today:</b> Hiatus
18	19 Drop-In Meditation, 11AM -12PM BR 65 Laguna St. Trans/Gender-Variant Support Group 2 - 3:15PM, 930 4th St. Reg Req'd: (510) 863-0359 Town Hall with Karyn at Men's Group, 2-3:30PM, 501 Castro, all are welcome! Basic Conversational Japanese 4-5:30PM, BR 65 Laguna, Reg req'd: X305	20 TransGenerational Lunch 12-1:30PM, OHC 55 Laguna X322 for info  Town Hall with Karyn 1:30 - 3PM, OHC 55 Laguna Gay Gray Writers, 4-5:30PM BR 65 Laguna .	21 Clearing House: Cluttering Support 12:30-2PM, BR 65 Laguna St.  Romance Languages, 4 - 5:30PM BR 65 Laguna St, Reg Req'd: X305	22 Yoga for Older Adults 11AM - 12PM, OHC 55 Laguna Reg Req'd: X315  Men's Drop-In Social Hour, 1:30-3PM, OHC 55 Laguna St.  Grief Group, 4:15 - 5:30PM BR 65 Laguna, Reg. Req'd X315	23 4th Friday Health & Wellness "Understanding Medicare" 3-4:30PM, enter at BR 65 Laguna	24 Games, 10AM-1PM, BR 65 Laguna Friendly Visitor Volunteer Discussion Group, 10:30 - 11:30AM BR 65 Laguna St  Queer Elders Short Stories 12:30-3:30PM, PAWS Closed group, X322 for info <b>No Art Group Today:</b> Hiatus
25 Town Hall with Karyn 1-2:30PM BR 65 Laguna	26 Drop-In Meditation, 11AM-12PM BR 65 Laguna LGBTQ Chat, 1-2PM "In the Life" Discussion for LGBTQ People of Color. RSVP to X322 for info Men's Group, 2-3:30PM, 501 Castro Basic Conversational Japanese 4-5:30PM, BR 65 Laguna, Reg req'd: X305	27 Housing Workshop 11AM, BR 65 Laguna St. RSVP req'd, X313  Sister Circle, 12-1:30PM OHC 55 Laguna, X303  Town Hall with Karyn 1:30 - 3PM, OHC 55 Laguna Live-streamed on Facebook	28 Rainbow Lunch, 12-1:30PM OHC 55 Laguna St. RSVP req'd: X322  Romance Languages, 4 - 5:30PM BR 65 Laguna St, Reg Req'd: X305  LGBTQ Caregivers of those w/ Dementia Support Group, 6-7:30PM, BR 65 Laguna St	29 Yoga for Older Adults 11AM - 12PM, OHC 55 Laguna Reg Req'd: X315  Grief Group, 4:15 - 5:30PM BR 65 Laguna, Reg. Req'd X315	30	31 Games, 10AM-1PM, BR 65 Laguna  Queer Elders Short Stories 12:30-3:30PM, PAWS Closed group, X322 for info <b>No Art Group Today:</b> Hiatus

# Support and Wellness Programs

Questions about programs listed here? Contact Ariel, Support and Wellness Coordinator, (415) 503-4180 or email: [ariel@openhouse-sf.org](mailto: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 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays 12:30-2PM**  
Bob Ross LGBT Senior Center, 65 Laguna St.

## **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.

Instructors David Lewis and Kathy Barr invite all levels of practitioners--as well as those who are just interested in seeing what meditation is all about--to join us!

Questions? Contact Ariel at (415) 503-4180

## **LGBTQ Chat Group** in collaboration with Well-Connected.

This **telephone-based** group is held from 1 - 2PM on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays of the month.

Community members can participate via phone or computer from the comfort of their own homes. 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.

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

RSVP for location and time details

We'll be back next month with this 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--it's a struggle. Join us every 2nd and 4th Monday as we 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.

For more information and to RSVP, contact Faire at (415) 231-5883



# Support and Wellness Programs

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Contact Ariel at (415) 503-4180 or email: [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)

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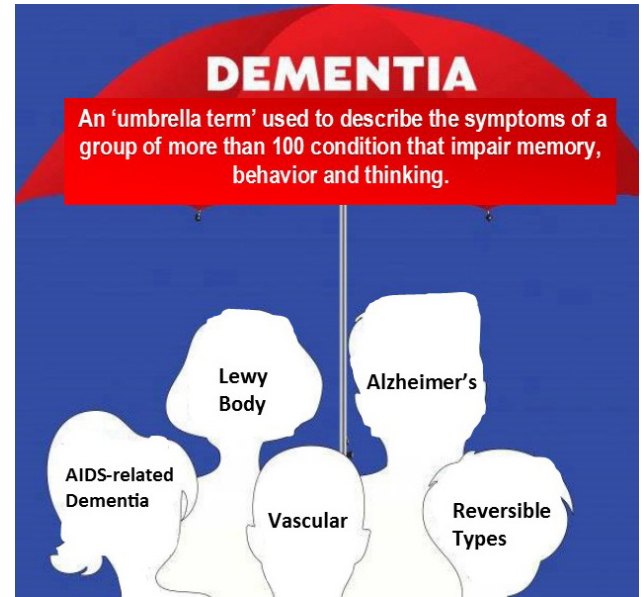
## LGBTQ Caregivers of those with Dementia Support Group in Partnership with the Alzheimer's Association

Wednesday, August 28, 6 - 7:30PM  
Bob Ross LGBT Senior Center at  
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 for more info at (415) 503-4180 or email [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)

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## 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](mailto:dale.poland@vitas.com).

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## ***Join our volunteer family! We couldn't do what we do without you!***

Interested in lending Openhouse a hand? We have multiple needs for volunteers. Our volunteers are a critical part of our Openhouse family and their efforts make a big impact on our community!

If you're interested, please get in touch with Kirk Lorenzo at (415) 231-5888 or [klorenzo@openhouse-sf.org](mailto:klorenzo@openhouse-sf.org) for more details.



# Home-Delivered Groceries Program Comes to 55 Laguna Residents

Mercy Housing and Openhouse are partnering with the SF-Marin Food Bank to bring home-delivered groceries to 55 Laguna residents! The first batch of fresh foods went out to enrolled residents on July 15th.

The Home-Delivered Grocery program was launched by the SF-Marin Food Bank in 2014 as a way to support better health, reduce isolation, and increase self-sufficiency for seniors and adults with disabilities who have difficulty getting groceries. For Openhouse and Mercy Housing, hosting the program at 55 Laguna means greater food security for participants, as well as an opportunity to connect with residents and volunteers.

The launch of the Home-Delivered Grocery program is the first phase of the partnership between Openhouse, Mercy Housing, and the SF-Marin Food Bank. All three organizations are excited to fine-tune the program for residents at 55 Laguna. **At this time, this program is only available to 55 Laguna residents.** Over time, Openhouse and Mercy Housing hope to see the program expanded to include 95 Laguna residents, Openhouse's Friendly Visitor Program, and perhaps even to all eligible community members. If you are not a 55 Laguna resident, you can contact the SF-Marin Food Bank to see if you qualify to receive home-delivered groceries from a different location.

To contact the SF-Marin Food Bank, please contact Jillian Tse, Program Coordinator of Home-Delivered Groceries at 415-282-1900, ext. 369.

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## Openhouse is Hiring for our Aging and Disability Resource Center!

Openhouse is seeking a dynamic, compassionate people-person to take the lead in connecting our community to the resources they need. Key responsibilities for this role include providing current information and referrals on housing and social services available at Openhouse and in the community; providing additional assistance such as contacting agencies, completing forms, advocating for the individual with service providers, confirming and escorting individuals to appointments, and conferring with service providers to ensure individual needs are met; and working with volunteers to update and maintain our monthly housing opportunities list for San Francisco and surrounding areas. This role also has a significant data entry component.

We are looking for a candidate who can demonstrate significant knowledge of available housing and social services for seniors and adults with disabilities, strong motivation to be of service to LGBTQ elders and adults with disabilities. The ideal candidate takes a community-centered approach to service delivery based in cultural humility and willingness to engage the community in difficult conversations about intersecting identities.

The position is currently full time with full benefits.

The full job description with instructions on how to apply is available online: [openhouse-sf.org/about/employment-2/](http://openhouse-sf.org/about/employment-2/)



Bob Ross LGBT Senior Center  
65 Laguna St.  
San Francisco, CA 94102  
(415) 296-8995

**AUGUST 2019**



SAVE THE DATE!

## 8th Annual Howard Grayson LGBT Elder Life Conference

Join in diverse community celebrating LGBTQ elder life and history. The conference is free and will feature speakers, organizations serving our community, and panel discussions on important topics in aging. Food and refreshments provided.

**Saturday, September 14, 11AM - 3PM**

OH 55 Laguna Community Room  
No need to RSVP

[graysonconference@gmail.com](mailto:graysonconference@gmail.com)

