

Happy New Year!



JANUARY 2020

housing, services, and community for LGBTQ seniors

openhouse

Lunar New Year Celebration

Thursday, January 30, 2:30 - 4PM

55 Laguna Community Room. No RSVP required.

Join Mercy Housing and Openhouse in ringing in the new year with traditional Chinese snacks and a lion dance performance!

For more info, contact Faire at (415) 231-5883 or ffaircloth@openhouse-sf.org



Learning Technology Skills

In partnership with Openhouse, Community Living Campaign is offering a series of classes designed to ease your way into the world of computer and smartphone technology.

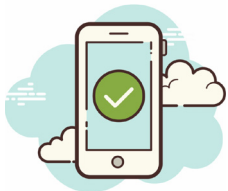
All classes will take place at Community Living Campaign, 1663 Mission (betw. S. Van Ness and Plum) Suite 525. Registration required.



Basic Computer Skills

Thursdays, January 9, 16, 23, 30 from 12 - 2PM

Topics will include accessing the internet, composing emails, use of social media, and creating files.



How to Use a Smartphone

iPhones: Tuesdays, January 7, 14, 21, 28 from 2 - 4PM

Androids: Wednesdays, January 8, 15, 22, 29 from 2 - 4PM

Please note that there are separate series of classes for iPhones and Androids.

To register, contact Armando Paone at (415) 728-0194 or armando@openouse-sf.org

Openhouse wishes many thanks to Pia Harris of Nia Soul and to Raissa and Evan of Wise Sons for their generosity and delicious sponsorship of our Kwanzaa and Chanukkah workshops. And a thank you to our own Ron Cordova for the wonderful baked goods!



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:

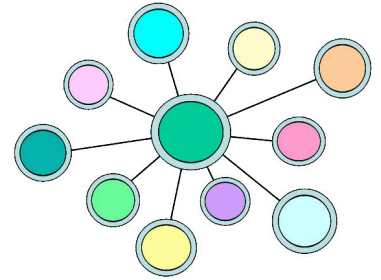
Friday January 17 at 11AM | Tuesday January 28 at 2PM

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

Get Connected to Resources

Openhouse welcomes our new Aging and Disability Resource Center staff person, Jose! As Resources and Referrals Navigator, Jose is available to help you with a wide range of resources, including:

- Nutrition
- Social events
- In-Home Supportive Services (IHSS)
- Housing opportunities
- Case management services
- Employment & training
- Medicare & Medi-Cal
- Utilities savings programs
- Transportation (clipper, paratransit, etc.)
- Many more!



Jose is available by appointment Monday-Friday 10AM - 2PM and for drop-ins Monday - Friday 11:30AM - 1:30PM.

To make an appointment or for any questions, contact Jose Santamaria at (415) 347-8509 or jsantamaria@openhousesf.org

12-week Grief Group

Thursdays 4:15 - 5:30PM, start date to be determined
Bob Ross LGBT Senior Center at 65 Laguna St.

Interview with the facilitator is required to join this group.



Openhouse is pleased to bring back the Grief Support Group for individuals seeking to attend to their sadness through personal reflection and shared experience. Grieving can bring forth inner reactions which guide us in knowing more about ourselves and, in turn, one another. The aim is to have the group develop to become a major healing experience during one's journey of grief. Group Facilitator, Den Reno, PhD, is a licensed psychologist and has led the grief group for over 5 years.

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

LOOKING TO TRY SOMETHING NEW THIS YEAR?

Introduction to the History of and Working with Gouache

Saturday February 1, 8, 15, and 22. 1:30 - 4:30PM

Bob Ross LGBT Center at 65 Laguna St. Registration required.

In this four week course, we will both work with and touch on the history of Gouache (gwash), a tempera paint that you can layer. This medium has been around for over 600 years and it is often used by illustrators. Gouache is a fun, quick way to create all kinds of paintings and cards. Come dabble and explore. This course is for all levels with no judgement. Openhouse will supply all materials for this class.



To register, contact Penn at (415) 969-6907 or pweldon@openhousesf.org

Yoga for Older Adults

Mondays, 1 – 2PM, beginning February 3

Bob Ross LGBT Center at 65 Laguna. Registration 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 move 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 life-giving practice. Instructor, Jay Tzvia Helfand, has been teaching yoga and somatics for queer, trans and disabled communities for the last 6 years.

To register, contact Faire Faircloth at (415) 231-5883 or faire@openhousesf.org

Connecting Generations Creatively

Program will start February 2, 2020.

Registration and eligibility required.

Calling all our artists, wordsmiths, musicians, and anyone looking to express their creativity! The MISCI Creative Engagement Program is looking for Openhouse community members willing to develop a creative project with younger people 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 well-being. No background in arts is required, only a willingness to connect and create with younger people!



To learn more and find out if you are eligible, contact Penn at 415-969-6907 or pweldon@openhousesf.org

Community Engagement Programs

Queer Elders Writing Workshop

Every Saturday, starting January 4
PAWS 3170 23rd St, 12:30 – 3:30PM
Come to first session to enroll!



Personal writing can be a lonely endeavor. Sometimes all we need is a helpful nudge to write down what we've been carrying and thinking about for so many years. This workshop can help. Join in on the camaraderie for some non-competitive writing and friendly feedback on your work. Learn from yourself; from your own potential. Although the works produced in this workshop tend to focus on memoir, you may write in whatever genre you choose (i.e. poetry, short story, etc). All levels of writing are welcome. If you are interested, please come to the first session to enroll. We also ask that you attend each session, if possible.

For more info, contact Faire at (415) 213-5883 or faire@openhouse-sf.org

Social Connections keep us healthy!

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 Carrie Schell 415-535-1237 or email cschell@openhousesf.org.

A special edition of Women's Afternoon at the Movies

Friday, January 17, 1- 4PM
55 Laguna Community Room. No RSVP required.



Join us for a special screening of "Mrs. Judo: Be Strong, Be Gentle, Be Beautiful", which documents the life-long journey of Keiko Fukuda's decision to defy thousands of years of tradition, choose her own path, and become the highest-ranking woman in judo history.

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. Closed Captions provided. If you have films that you would like to see shown by Openhouse, or for more info, please contact Faire at faire@openhouse-sf.org or (415) 231-5883.

Community Engagement Programs

Sister Circle

Tuesday, January 28

12 - 1:30PM

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.

To RSVP, contact Sylvia at 415-659-8123.

TransGenerational Luncheon

Tuesday, January 21, 12 - 1:30PM

55 Laguna Community Room

No RSVP required

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 our TGNC communities!

Questions? Contact Faire at (415) 231-5883.

Clearing House: Drop-in Clutter Support Group

Wednesday January 15 12:30 – 2PM

Bob Ross LGBT Senior Center at 65 Laguna St.

Please note: Clearing House group will meet only once this month.

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.



Rainbow Lunch

Wednesday, January 8 and 22, 12-1:30PM

55 Laguna Community Room

RSVP required

Due to the popularity of this lunch and limited seating capacity, we need RSVPs no later than 10AM the Monday before the luncheon. RSVP is required. We ask folks to arrive no earlier than 11:45AM and no later than 12:10PM to ensure folks can be escorted up to the 2nd Floor Community Room at 55 Laguna St.

To RSVP, contact Faire at (415) 231-5883 or faire@openhouse-sf.org

Men's Drop-In Social Hour

Thursday, January 23, 1:30-3PM

55 Laguna Community Room

No RSVP required

Due to Openhouse office closure on January 9th, we are sorry to say we will only be having one Men's Drop-in Social at Openhouse again this month. Come join us on January 23 for coffee, snacks, and informal socializing.

Contact Faire at (415) 213-5883 or faire@openhouse-sf.org



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day Openhouse offices closed for the holiday	2 Tai Chi, 11AM – 12PM, OHC 55 Laguna, Reg req'd: X322	3 Living with Loss: Drop-in Grief Support, 1 – 2:30PM, BR 65 Laguna	4 Games, 10AM – 1PM BR 65 Laguna St Queer Elder Writing Workshop 12:30 – 3:30PM, PAWS Closed group, X322 for info
5	6 Drop-In Meditation, 11AM – 12PM BR 65 Laguna St. Men's Group, 2 – 3:30PM, 501 Castro Trans/Gender-Variant Support Group 2 – 3:15PM, 930 4th St. Reg req'd: (510) 863-0359	7 iPhone Class, 2 – 4PM 1663 Mission St. Reg req'd: X305 Gay Gray Writers, 4 – 6PM BR 65 Laguna St. Closed group, X322 for info	8 Rainbow Lunch, 12 – 1:30PM OHC 55 Laguna St. RSVP req'd by 10AM on Monday 1/6: X322 Android Class, 2 – 4PM 1663 Mission St., Reg req'd: X305 Intermediate Spanish, 5 – 6:30PM	9 Openhouse offices closed Basic Computer Skills 12 – 2PM, 1663 Mission St. Reg req'd: X305	10 Openhouse offices closed	11 Games, 10AM – 1PM BR 65 Laguna St Queer Elder Writing Workshop 12:30 – 3:30PM, PAWS Closed group, X322 for info No Art Group Today: Hiatus
12	13 Drop-In Meditation, 11AM – 12PM BR 65 Laguna St. LGBTQ Chat, 1 – 2PM Men's Group, 2 – 3:30PM, 501 Castro "In the Life" Discussion for LGBTQ People of Color, 2 – 3:30PM, BR 65 Laguna, X322 for info	14 iPhone Class, 2 – 4PM 1663 Mission St. Reg req'd: X305	15 Clearing House: Cluttering Support 12:30 – 2PM BR 65 Laguna St. Android Class, 2 – 4PM 1663 Mission St. RSVP to X305 Intermediate Spanish, 5 – 6:30PM BR 65 Laguna St, Reg req'd: X305	16 Tai Chi, 11AM – 12PM, OHC 55 Laguna Reg req'd: X322 Basic Computer Skills 12 – 2PM, 1663 Mission St. Reg req'd: X305	17 Housing Workshop, 11AM BR 65 Laguna St, RSVP req'd: X310 Women's Afternoon at the Movies "Mrs. Judo" 1 – 4PM OHC 55 Laguna Living with Loss: Drop-in Grief Support, 1 – 2:30PM, BR 65 Laguna Yiddish, 4 – 5:30PM, BR 65 Laguna, Reg req'd: X305	18 Games, 10AM – 1PM BR 65 Laguna St Queer Elder Writing Workshop 12:30 – 3:30PM, PAWS Closed group, X322 for info No Art Group Today: Hiatus
19	20 Martin Luther King Jr. Day Openhouse offices closed	21 TransGenerational Luncheon 12 – 1:30PM, OHC 55 Laguna X322 for info iPhone Class, 2 – 4PM 1663 Mission St. Reg req'd: X305 Gay Gray Writers, 4 – 6PM BR 65 Laguna St. Closed group, X322 for info	22 Rainbow Lunch, 12 – 1:30PM OHC 55 Laguna St. RSVP req'd by 10AM on Monday 1/20: X322 Android Class, 2 – 4PM 1663 Mission St. Reg req'd: X305 LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM, BR 65 Laguna St	23 Basic Computer Skills 12 – 2PM, 1663 Mission St. Reg req'd: X305 Men's Drop-In Social Hour 1:30 – 3PM OHC 55 Laguna St.	24 Smart Money Coaching 10AM – 5PM, BR 65 Laguna Appt req'd: (415) 865-5542 4th Friday Health & Wellness "Advanced Directives for LGBTQ Older Adults", 3 – 4:30PM enter at BR 65 Laguna Yiddish, 4 – 5:30PM BR 65 Laguna, Reg req'd: X305	25 Lunar New Year Games, 10AM – 1PM BR 65 Laguna St Queer Elder Writing Workshop 12:30 – 3:30PM, PAWS Closed group, X322 for info No Art Group Today: Hiatus
26	27 Drop-In Meditation, 11AM – 12PM BR 65 Laguna St. New Member Event, BR 65 Laguna, RSVP req'd: X315 LGBTQ Chat, 1 – 2PM Men's Group, 2 – 3:30PM, 501 Castro "In the Life" Discussion for LGBTQ People of Color, 2 – 3:30PM, BR 65 Laguna, X322 for info	28 Sister Circle, 12 – 1:30PM OHC 55 Laguna, RSVP to X322 Housing Workshop, 2PM BR 65 Laguna St. RSVP req'd: X310 iPhone Class, 2 – 4PM 1663 Mission St. Reg req'd: X305	29 Android Class, 2 – 4PM 1663 Mission St., Reg req'd: X305 Intermediate Spanish, 5 – 6:30PM BR 65 Laguna St, Reg req'd: X305	30 Basic Computer Skills 12 – 2PM, 1663 Mission St. Reg req'd: X305 Lunar New Year Celebration, 2:30 – 4PM OHC 55 Laguna X322 for info	31 Yiddish, 4 – 5:30PM BR 65 Laguna, Reg req'd: X305	Feb 1 Games, 10AM – 1PM BR 65 Laguna St Queer Elder Writing Workshop 12:30 – 3:30PM, PAWS Closed group, X322 for info Art Class: Intro to Gouache 1:30 – 4:30PM, BR 65 Laguna Reg req'd: X316

LOCATIONS: Openhouse Bob Ross LGBT Senior Center (BR): 65 Laguna St. 415.296.8995 | Openhouse Community (OHC): 55 Laguna St.

Community Wellness and Services

4th Friday Health and Wellness Seminars are back!

Join us for a presentation on Advanced Directives for LGBTQ Older Adults

Friday, January 24, 3-4:30PM

Bob Ross LGBT Senior Center at 65 Laguna St. No RSVP required.

As difficult as it can be, most of us will get sick and all of us will die. The good news is that each of those events can be made more personal and less fearsome (and the planning of them can be fun and funny!!) if we make clear what we do and don't want as we age in advance. There are many types of advance directives and it's important to know which ones you need. Whether you are a solo ager or have a partner or close family, different issues arise in deciding who to pick as the person or people who will make medical decisions for you if you're unable to do so for yourself. Join us for this interactive session where you may just learn some interesting things about yourself and your future!

This information will be presented by Dr. Louise Aronson of UCSF's Integrative Aging Clinic. She and her colleague will cover both the medical and legal aspects of this important topic.



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

LGBTQ Caregivers of Those with Dementia Support Group

in partnership with the Alzheimer's Association

Wednesday, January 22. 6-7:30PM, Bob Ross LGBT Senior Center at 65 Laguna St

No RSVP required

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.

Contact Ariel for more info at (415) 503-4180 or ariel@openhouse-sf.org



Community Wellness and Services

Living with Loss: Drop-In Grief Group

1st and 3rd Fridays, 1 – 2:30PM

Bob Ross LGBT Senior Center at 65 Laguna St. No RSVP required.

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

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

2nd and 4th Mondays, 2 – 3:30PM

Bob Ross LGBT Senior Center at 65 Laguna St. RSVP encouraged.

In partnership with Steppingstone, join us for a discussion group for LGBTQ people of color. Prejudice, bias and bureaucracy make government systems almost impossible to cope with every day; it's a struggle. Come share your tips, strategies and support with others in a positive environment. This group is facilitated by Myles Dixon who has a Master's in Health Systems Administration and has both personal and professional experience working with health-related community organizations.

For more info or to RSVP, contact Faire at (415) 231-5883 or faire@openhouse-sf.org

New to Openhouse and curious about what's going on? Come learn about the programs we offer!

Monday, January 27, lunch or dinner. RSVP for details.

Bob Ross LGBT Senior Center at 65 Laguna St. RSVP required

We invite you to an afternoon or evening of eating, mingling, and learning. You will learn about the various activities and programs Openhouse offers. You will also have a chance to learn about an ongoing feedback opportunity that we have for new participants at Openhouse. Join us for either lunch or dinner. We encourage community members who have attended 5 or fewer activities to join us!

For info or to RSVP, contact Ariel at (415) 503-4180 or ariel@openhouse-sf.org

WELCOME

Community Wellness and Services

Trans/Gender-Variant Support Group at SteppingStone

Monday, January 6, 2 - 3:30PM
Registration required.

Please note:

Trans/Gender-Variant Support Group will only meet once this month, in recognition of Martin Luther King Jr. Day.



Join ROAR for Aging for a 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.

Contact D. at (510) 863-0359 or dhilton@steppingstonehealth.org

The Openhouse visit to Muttville is cancelled this month. See you in February!

Contact Ariel at (415) 503-4180 or ariel@openhouse-sf.org

MUTTVILLE
senior dog rescue



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 at sylvia@openhouse-sf.org

Join the Openhouse Walking Group!

Friday January 24, 11AM

Meet at Bob Ross LGBT Senior Center at 65 Laguna St.

No RSVP required.

Please note: there will be no walking group on Friday, January 10 due to closure of Openhouse offices that day

Join us every 2nd and 4th Friday as we move together, talk, and explore the neighborhoods around Openhouse. Everyone is welcome; snacks and water will be provided. If rain is in the forecast, please call before joining. Leading us will be community member, Freddie Kendrick. Freddie has been a certified nursing assistant for 30 years and is a volunteer Chaplain.

For more info, contact Faire at (415) 231-5883 or faire@openhouse-sf.org

Family Quality of Life among LGBTQ+ Caregivers of People with Dementia

The University of Tennessee College of Nursing is seeking LGBTQ+ adults who are currently providing care (at least 8 hours a week) to a family member or friend, in the community (not in a long-term care facility or Assisted Living Facility), with memory loss for a research study funded by the National Institute on Aging.

The purpose of the research study is to understand quality of life among LGBTQ+ caregivers caring for someone with memory loss. The study involves responding to an online survey questionnaire with questions related to caregiving. The one-time survey takes approximately 35-45 minutes to complete. Compensation of \$25 (Amazon gift card) is provided for completing the study.

The survey may be accessed at <http://tiny.utk.edu/LGBTFQOLD>.

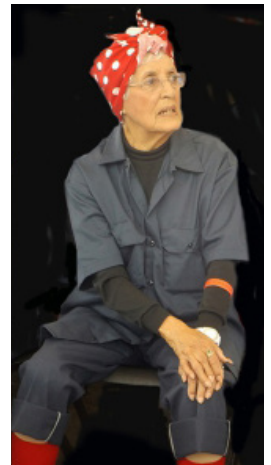
For more information please contact Joel G. Anderson, PhD, CHTP, FGSA at jande147@utk.edu

Remarkable WWII Rosie Exhibition: Gallery Talk with the artist Carol Witten

Wednesday January 22, 10:30AM

Jewett Gallery, Lower Level of the Main San Francisco Public Library
No RSVP required.

Join us for this free event with artist Carol Witten as she discusses why and how she created the displayed 58 digital (diptych) images of WWII Rosie now in their 90s and 100s. Openhouse Community Engagement Coordinator, Penn Weldon, will meet community members interested in attending the Gallery Talk at the main entrance to the Public Library.



For questions, contact Penn Weldon 415-969-6907 or pweldon@openhousesf.org

9th Annual Two-Spirit Powwow

February 8, 11AM - 6PM. Fort Mason Center.

Join Openhouse at the Bay Area American Indian Two Spirits (BAAITS) for the 9th Annual Two-Spirit Powwow in Yelamu (San Francisco), the traditional homelands of the Ohlone peoples. Powwows are traditional, Inter-tribal events that promote community togetherness, healing, and wellness. The Two-Spirit powwow is held each year to help decolonize indigenous communities and realign with Native traditions of togetherness, seeing strength in our differences, and accepting all genders and sexualities. The annual event celebrates Native cultures through traditional dance, arts, and food.

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

JANUARY 2020

Welcome to our new staff members!



Carrie Schell (she/her) is delighted to be the new Friendly Visitor Program Supervisor! She comes to us with 20 years of experience in nonprofit social services, mental healthcare, and care management. Her work has been concentrated with marginally homed communities and in Harm Reduction. Aside from social justice and issues affecting LGBTQI folks, her passions are jewelry making and metal work, animal welfare, and cooking.



Ephraim Getahun (he/him) is our new Community Partner Liaison whose role is to cultivate and support partnerships, conduct outreach, and help bring LGBTQ seniors into aging services at Openhouse and across different agencies. Ephraim is a nurse by trade, and comes with 12+ years of health care experience in memory care. Ephraim's hobbies include creating music, cooking homemade meals, and traveling the world.



Matthew McTire (he/him) is pleased to reunite with Openhouse as one of the Mission Engagement Specialists! Matthew brings just a decade of experience within customer/client-related services. His work in supporting creative placemaking initiatives for arts and culture in the San Francisco Bay Area underline his admiration for visual art, fashion, and creative storytelling. He enjoys traveling, writing, doing make up, and endless window shopping!