

## Dear Community Members, Supporters and Openhouse Friends,

If you had asked me in January what I would be writing for the May newsletter, I would have guessed that we would be celebrating a successful Spring Fling, planning for an epic 50th Anniversary Pride celebration and expanding our programs as we head into the summer. I couldn't have imagined that instead I would be writing you from my home where I have been sheltering in place with my wife and two kids for over a month. More so, I couldn't have imagined the challenges that we would be facing as a community in the face of a global pandemic. Perhaps it is good that I didn't fully grasp where we were headed or how difficult it might be, because I'm not sure I could have taken it in. I have found myself overwhelmed and burst into tears at the little things- like not knowing how to help with my homeschooling children's math worksheet or failing at trying to join a Skype business meeting. And those are just the little things.

My heart has felt almost broken by the challenges facing many LGBTQ seniors right now, including the struggle to find the food or medicine they need, the pain for long-term survivors and the larger community at re-experiencing the AIDS crisis in the light of this new virus, the reality that many have evictions looming on the other side of shelter-in-place, and the devastating experience of isolation and invisibility for LGBTQ seniors from our community.

### In this month's newsletter...

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As much as I could not have imagined the struggle, I also could not have prepared myself for the inspiration and joy that I would feel because of all of you. My heart is full from the power of our community, the dedication and can't stop/won't stop attitude of the Openhouse staff I'm honored to work with, and the resilience that defines our LGBTQ seniors. Our community, all of you, remind me that there are no barriers that can stop the joy of authentic connection. Take a moment and know that your community is around you even when you can't see them and they are with you.

Openhouse is with you every step of the way, no matter how long we face this crisis. Call our main number (415-296-8995) or email us at [info@openhouse-sf.org](mailto:info@openhouse-sf.org) and we can help!

In Community,



Karyn Skultety, PhD

## Virtual Housing Workshops by Openhouse

Friday, May 15 at 2PM and Tuesday, May 26 at 2PM via Zoom  
Register for Zoom link or call-in number

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.

You can access the webinar two ways: by calling in or by viewing the virtual presentation.

To participate, please email Jessi at [jlawrence@openhouse-sf.org](mailto:jlawrence@openhouse-sf.org) letting them know which date you like to participate in and whether you will do so via video or phone. If you do not have access to email and would like to participate via phone please give Jessi a call at (415) 231-5870.



## Senior-Only Grocery Hours

. Hours are subject to change.

### **Gus's Community Market**

Everyday 7 - 8 AM for people 60+.  
Find your local store at  
[gussmarket.com/market-locations](http://gussmarket.com/market-locations)

### **Lucky**

Tuesdays and Thursdays 6 - 9AM for seniors and those with compromised immune systems. Find your local store at [luckysupermarkets.com/stores](http://luckysupermarkets.com/stores)

### **Mollie Stones**

Saturdays, Tuesdays, and Thursdays,  
7 - 8AM for people 60+ and immunocompromised customers. Find your local store at [molliestones.com/StoreLocator](http://molliestones.com/StoreLocator)

### **Rainbow Grocery**

Everyday 9 - 10AM for people 60+. Located at 1745 Folsom St.

### **Safeway**

Tuesdays and Thursdays 7 - 9AM for senior customers and at-risk guests.  
Find your local store at  
[local.safeway.com/search.html](http://local.safeway.com/search.html)

### **Target**

Wednesdays 8 - 9AM for seniors and people with underlying health concerns. Find your local store at [target.com/store-locator](http://target.com/store-locator)

### **Trader Joe's**

Everyday, first hour of operation for people 60+ and customers with disabilities. Find your local store and their first hour of operation at [traderjoes.com/stores](http://traderjoes.com/stores)

### **Whole Foods**

Everyday 8 - 9AM for people 60+. Find your local store at [wholefoodsmarket.com/stores](http://wholefoodsmarket.com/stores)





## 5 Reasons to Call Openhouse's Main Line (415) 296-8995

1

Staff members continue to make **regular calls to connect** with every Openhouse community member. If we have not reached you yet or you would like to hear from us more often, please call or email us and we will connect with you!

2

We know food is one of the top challenges facing seniors. If you need help with getting **groceries** for any reason, including that you cannot afford food at this time, please call us! Staff will arrange for a volunteer or staff member to drop off groceries and Openhouse will buy groceries for LGBTQ seniors who need it. We also can arrange hot meals and explore options for long-term food stability.

3

Need help picking up **prescriptions or with an important errand**? Can't figure out how to access Zoom events? We have volunteers to help you with that. Call today and staff will match you with a volunteer to support you!

4

**Virtual programming has begun!** Read on to learn more. Call or email us for the latest updates or if you have questions.

5

**Know a LGBTQ senior who could use our support?** Just call us and let us know! Openhouse will continue to find ways to support you, no matter what. We are all in this together.



### Openhouse will miss Volunteer Coordinator, Kirk Lorenzo!

A "See-You-Later" Message from Kirk:

I want to say thank you to each and every one of you for being a part of and connecting with me during my chapter at Openhouse. Thank you as well for the challenges we've faced together, the solutions we've cultivated, and the growth you've all helped me foster. It's been an honest pleasure working alongside you all, getting to know you all and I am grateful for our time together. I do intend to come back to volunteer when I'm able to since volunteering is dear to my heart. See you all later!

# Economic Impact Payments

(more commonly known as “stimulus checks”)

## Who is eligible for a stimulus check?

U.S. citizens or resident aliens who:

- Have a valid Social Security number,
- Could not be claimed as a dependent of another taxpayer, and
- Had adjusted gross income under certain limits.

## Who will receive the stimulus check automatically without taking additional steps?

Most eligible U.S. taxpayers will automatically receive their Economic Impact Payments including:

- Individuals who filed a federal income tax for 2018 or 2019
- Individuals who receive Social Security retirement, disability (SSDI), survivor benefits, or Supplemental Security Income (SSI)
- Individuals who receive Railroad Retirement benefits

## Who will need to take additional steps to receive the stimulus check?

Eligible U.S. citizens or permanent residents who:

- Had gross income that did not exceed \$12,200 (\$24,400 for married couples) for 2019
- Were not otherwise required to file a federal income tax return for 2019, and didn't plan to

If you fall into one of these categories, you can provide the IRS the information they need to send you your check by going to [www.irs.gov/coronavirus/non-filers-enter-payment-info-here](http://www.irs.gov/coronavirus/non-filers-enter-payment-info-here)

For more info, contact Jose at (415) 347-8509 or [jsantamaria@openhouse-sf.org](mailto:jsantamaria@openhouse-sf.org)



## Resource Highlight: Essential Trip Cards

SFMTA launched the Essential Trip Card (ETC) – a discount program to help seniors 65+ and people with disabilities make essential trips in taxis during this crisis. Eligible participants will pay 20% of the cost of a regular cab ride fare for essential trips. The ETC will subsidize about two to three taxi round trips by taxi per month. The program uses taxis to take people on essential trips like going to the grocery store, pharmacy or another necessary medical trip during the shelter-in-place period. Customers who pay \$12 will receive \$60 value for taxi trips on a debit card.

For more info or to apply for the Essential Trip Card program call 311 and mention the program.

### CORONAVIRUS UPDATE:



#### Older Adults & People with Disabilities



Call for a family member or community member!  
DAS hotline: (415) 355-6700

Learn more: [www.SFHSA.org/covid-das](http://www.SFHSA.org/covid-das)



# Community Wellness and Services

## Self-Compassion During Times of Isolation

*A new virtual support group*

Wednesdays, 1:30 -3PM, beginning May 6  
RSVP is required for Zoom link or phone number

We are social creatures and being physically isolated due to COVID-19, illness, or other reasons is very stressful and can erode our optimism, energy and enjoyment of life, if we let it. The good news is resiliency, which is the ability to bounce back and recover (renew ourselves) during and after times of great change, loss or crisis, is a skill that can be learned and practiced.

Join a supportive space for sharing our experiences of COVID 19. We'll discuss what keeps you going and restores a sense of meaning and purpose in these times of disruption and learn some new coping practices.

This group will be facilitated by Molly Reno, a somatic life coach and Emotional Brain Training Provider who has been leading Self Care and Self Compassion support groups at Openhouse since 2012.

This is a drop-in group and no interview is necessary to join. This group will take place via Zoom and can be accessed via telephone, smart phone, or computer.

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



**CORONAVIRUS UPDATE:** 

**Older Adults & People with Disabilities**



 **Here to answer your questions 7 days a week**

Learn more: [www.SFHSA.org/covid-das](http://www.SFHSA.org/covid-das)

## Clearing House: Drop-in Clutter Support Group

Wednesday, May 6 and 20  
12:30 - 2PM



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.

For info on how to connect virtually, contact Ariel at (415) 503-4180.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>May is API Heritage Month!</b>		1 Living with Loss: Drop-in Grief Support, 1 – 2:30PM RSVP req'd: X322	2 Queer Elder Writing Workshop 12:30 – 2:30PM, Closed group
3	4 Men's Group, 2 – 3:30PM RSVP req'd: X322  Conversational Japanese 3:30 – 5PM, Reg req'd: X305  "Trans Resilience" TGNC Support Group, 5:30 – 7:30PM (415) 535-0927 for info	5  Yoga, 11:30AM – 12:15PM Reg req'd: X322	6 "In the Life" Discussion for LGBTQ People of Color, 11AM – 12:30PM RSVP req'd: X322  Clearing House: Cluttering Support 12:30 – 2PM, RSVP req'd: X315  Self Compassion in a Time of Isolation 1:30 – 3PM, RSVP req'd: X322  LGBTQ Chat, 3 – 4PM  Intermediate Spanish 2 3 – 4:30PM, Reg req'd: X305	7  Drop-In Meditation 11 – 11:45AM Reg req'd: X322  Grief Group, 4:15 – 5:30PM Closed group	8  Yiddish, 3 – 4:30PM Reg req'd: X305	9  Queer Elder Writing Workshop 12:30 – 2:30PM, Closed group
10	11 Men's Group, 2 – 3:30PM RSVP req'd: X322  Conversational Japanese, 3:30 – 5PM, Reg req'd: X305  "Trans Resilience" TGNC Support Group, 5:30 – 7:30PM (415) 535-0927 for info	12  Yoga, 11:30AM – 12:15PM Reg req'd: X322	13  Self Compassion in a Time of Isolation, 1:30 – 3PM, RSVP req'd: X322  LGBTQ Chat, 3 – 4PM  Intermediate Spanish 2 3 – 4:30PM, Reg req'd: X305	14  Drop-In Meditation 11 – 11:45AM Reg req'd: X322  Grief Group, 4:15 – 5:30PM Closed group	15  Living with Loss: Drop-in Grief Support, 1 – 2:30PM RSVP req'd: X322  Housing Workshop, 2PM RSVP req'd: X310  Yiddish, 3 – 4:30PM	16  Queer Elder Writing Workshop 12:30 – 2:30PM, Closed group
17	18 Men's Group, 2 – 3:30PM RSVP req'd: X322  Conversational Japanese 3:30 – 5PM, Reg req'd: X305  "Trans Resilience" TGNC Support Group, 5:30 – 7:30PM (415) 535-0927 for info	19  Yoga, 11:30AM – 12:15PM Reg req'd: X322	20 "In the Life" Discussion for LGBTQ People of Color, 11AM – 12:30PM RSVP req'd: X322  Clearing House: Cluttering Support 12:30 – 2PM, RSVP req'd: X315  Self Compassion in a Time of Isolation 1:30 – 3PM, RSVP req'd: X322  LGBTQ Chat, 3 – 4PM  Intermediate Spanish 2 3 – 4:30PM, Reg req'd: X305	21  Drop-In Meditation 11 – 11:45AM Reg req'd: X322  Grief Group, 4:15 – 5:30PM Closed group	22 <b>Harvey Milk Day</b>  Yiddish, 3 – 4:30PM Reg req'd: X305	23  Queer Elder Writing Workshop 12:30 – 2:30PM, Closed group
24	25 <b>Memorial Day</b> <b>Openhouse office closed</b>	26  Yoga, 11:30AM – 12:15PM Reg req'd: X322  Housing Workshop, 2PM, RSVP req'd: X310	27  Self Compassion in a Time of Isolation 1:30 – 3PM, RSVP req'd: X322  LGBTQ Chat, 3 – 4PM  Intermediate Spanish 2 3 – 4:30PM, Reg req'd: X305  LGBTQ Caregivers of those w/ Dementia Support Group 6 – 7:30PM, Reg req'd: X315	28  Drop-In Meditation 11 – 11:45AM Reg req'd: X322	29  Yiddish, 3 – 4:30PM Reg req'd: X305	30  Queer Elder Writing Workshop 12:30 – 2:30PM, Closed group

# Community Wellness and Services

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## Join us from home for a phone-based LGBTQ Discussion Group!

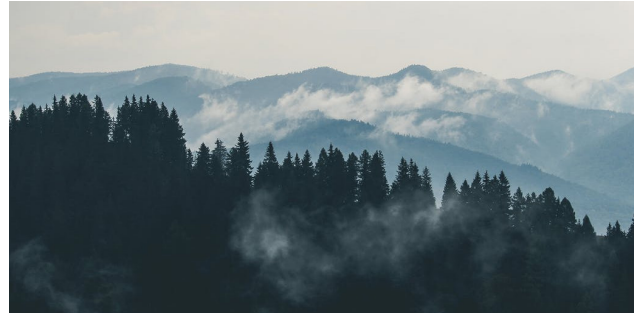
*In collaboration with Well-Connected*

This telephone-based group is held every Wednesday, 3-4PM

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!

This group is facilitated by Laura G., a lesbian Oakland resident. Laura is 66, retired from an active career, and newly disabled. She loves the big questions of science and spirituality and is addicted to podcasts and audiobooks. Never had kids but planted lots of trees and is dedicated to serving an evolving universe. So let's chat sometime.

For more information, contact Ariel at (415) 503-4180. To register call Well-Connected toll-free at (877) 797-7299



## LGBTQ Caregivers of Those with Dementia Support Group

*In partnership with the Alzheimer's Association*

Wednesday, May 27, 6-7:30PM

RSVP is required to receive Zoom link or phone number

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.

Join us as we continue to connect virtually through Zoom. You can access Zoom via telephone, smart phone, or computer.

If you are interested in joining, please contact Ariel at [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org) or (415) 503-4180.







Openhouse is proud to partner with Shanti Project on the following online programs...

## Join Openhouse for Virtual Meditation!

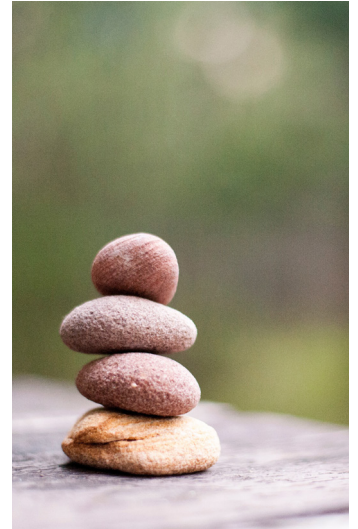
Thursdays, 11 – 11:45AM via Zoom  
RSVP for Zoom link or call-in number

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

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.

This class will take place via Zoom and can be accessed via telephone, smart phone, or computer.

To RSVP, contact Faire at (415) 231-5883 or [faire@openhousesf.org](mailto:faire@openhousesf.org)



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## Living with Loss: Virtual Drop-In Grief Support Group

1st and 3rd Fridays  
1 – 2:30PM  
RSVP is required for Zoom  
link or phone number



Join Openhouse, VITAS Healthcare, and Shanti Project 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.

Join us as we continue to connect virtually through Zoom. You can access Zoom via telephone, smart phone, or computer.

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

## Virtual Yoga with Jay

Tuesdays, 11:30AM – 12:15PM  
RSVP required to get Zoom link or phone number

Long-time Openhouse Yoga instructor, Jay Helfand, offers a slow flow for all bodies, connecting breath and movement in a grounding, nourishing, and life-giving practice. The movements in this virtual class will be adjusted for the potential limitations of practicing yoga from home. No prior experience with yoga is required and no yoga props needed! This practice is offered through Zoom, which can be accessed through your telephone, smart phone, or computer.

Jay 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](mailto:faire@openhousesf.org)



# San Francisco Human Services Agency

## How to Request Support

<b>EBT card replacement</b>	<b>By Phone:</b> Call (415) 558-4700
<b>CalFresh</b>	<b>Online:</b> Apply for benefits, recertification, and SAR 7 renewal at <a href="http://MyBenefitsCalWIN.org">MyBenefitsCalWIN.org</a> or <a href="http://GetCalFresh.org">GetCalFresh.org</a> Schedule an appointment for application assistance at <a href="http://2EnrollMeSF.org">2EnrollMeSF.org</a> <b>Phone:</b> Complete applications, renew benefits, and conduct interviews at (415) 558-4700
<b>CalWORKs</b>	<b>Online:</b> Apply for benefits at <a href="http://MyBenefitsCalWIN.org">MyBenefitsCalWIN.org</a> <b>By phone:</b> For information call (415) 557-5100
<b>Child and Adult Protection</b>	<b>Report child abuse:</b> Call (800) 856-5553 <b>Report adult abuse:</b> Call (800) 814-0009
<b>County Adult Assistance Programs (CAAP)</b>	<b>Online:</b> Apply at <a href="http://MyBenefitsCalWIN.org">MyBenefitsCalWIN.org</a> <b>Phone:</b> Apply for benefits, request benefits support and information at (415) 558-2227
<b>Employment Services and JobsNOW!</b>	<b>By phone:</b> Limited services are available. Please call (877) 562-1669 for more information.
<b>Medi-Cal</b>	<b>Online:</b> Apply for benefits and recertification at <a href="http://MyBenefitsCalWIN.org">MyBenefitsCalWIN.org</a> <b>Phone:</b> Complete applications, renew benefits, and conduct interviews at (415) 558-4700
<b>Disability and Aging Services</b>	<b>For all referrals and services:</b> Call (415) 355-6700 or TTY (415) 355-6756 <ul style="list-style-type: none"> <li>• Community meals and home meal delivery</li> <li>• Community Living Fund</li> <li>• Community day centers and activities</li> </ul>
<b>In-Home Supportive Services (IHSS)</b>	<b>Care Providers:</b> Call (415) 557-6200 <b>Care Recipients:</b> Call your IHSS social worker <b>Applications and information:</b> Email <a href="mailto:ihss@sfgov.org">ihss@sfgov.org</a> or call (415) 355-6700
<b>Veterans Service Office (CVSO)</b>	<b>By Phone:</b> Request information and applications at (415) 934-4200

**For all other services, information, and updates, call (415) 557-5000 or visit [SFHSA.org/coronavirus](http://SFHSA.org/coronavirus)**

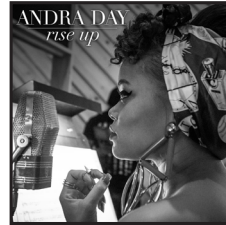


# What is your Stay-At-Home Anthem?

We asked, you answered! Thank you to all the community members who submitted the following songs that bring them joy, empowerment, or calm during this time of social distancing. We hope you enjoy rocking out to these from the comfort of your homes. All songs are available online by searching their song titles on youtube.com



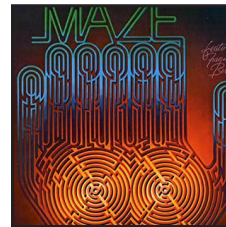
***The Memory of the Trees***  
by Enya  
"It's sort of like mystical music and I do Tai Chi and other exercises to it. It takes me away from reality for a bit." - Judith Burns



***I Rise Up***  
by Andra Day  
"This song gives me chills in my spine. It reminds me to be gracious when I rise up everyday, thankful that we get to see the next day."  
- Colette Bryan



***Search for the Hero***  
by M People  
"This song talks about finding the hero inside of ourselves, which is what we all need at this point."  
- Herb Jones



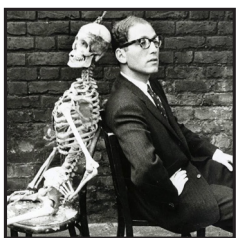
***Happy Feelings***  
by Frankie Beverly  
"This song has always meant so much to me. I love the lyrics 'I'm gonna spread my wings I'm gonna tell all I see/ These happy feelin's I spread them all over the world.'"  
- NeeCee Johnson



***Happy Days Are Here Again***  
by Barbra Streisand  
"This song is filled with joy and optimism and it gives me hope."  
- Michael Meehan



***I Will Survive***  
by Gloria Gaynor  
"This song is an energy boost and reinstills hope that all of this will come to pass."  
- Dave Limcaco



***We Will All Go Together When We Go***  
by Tom Lehrer  
"I love this song because it reflects my type of humor."  
- Allen Zebrowski



***Girls on Film***  
by Duran Duran  
"It's a great song from the 80's!" - David Howe



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

**APRIL 2020**

## **Let's keep our community safe!**

Those who feel sadness, loneliness, or isolation may experience it more acutely during this time. You are not alone. We are here with you to build a community that looks out for each other. We care about you and want to keep our community safe.

Here are some resources that can help:

**SF Suicide Prevention Hotline:** (415) 781-0500 or (800) 273-8255. Available 24 hrs a day.

**Institute on Aging Friendship Line:** (800) 971-0016. Available 24 hrs a day.

**Trans Lifeline:** (877) 565-8860. 7AM – 1AM everyday.

**HIV Nightline:** (415) 434-2437. Available 24 hrs a day.

**Mobile Crisis:** (415) 970-4000. Mon – Fri, 8:30AM – 11PM. Sat and holidays: 12 – 8PM.

**Openhouse:** If you are interested in receiving a call daily or weekly, we would love to chat with you. Please call our main line at (415) 296-8995 to leave your name and phone number. We will reach out to you shortly!