

PRIDE WINS!

Happy Pride Month! Openhouse wants to assure all community members we will celebrate the 50th anniversary of the San Francisco LGBT Pride Parade and Celebration, but surely not the way we hoped. Hope and pride have always been the sisters of freedom and a second pandemic in our lifetimes will not silence or subdue us.

The theme of the 50th anniversary celebration is "Generations of Hope." Openhouse community members have been the bearers of that hope and pride since 1970 when less than 50 marchers paraded down Polk Street on June 28, commemorating the Stonewall Riots of 1969.

In the early hours of June 28, 1969 an NYPD raid on Greenwich Village's Stonewall Inn sparked the Stonewall Riots, one of the first well-known instances of lesbian, gay, bisexual, and transgender rebellion against government-sponsored oppression of LGBTQ people. On the one-year anniversary of the riots, San Francisco, New York,

Chicago, and Los Angeles held the first Pride marches. The day after the San Francisco parade, a "gay-in" was held in Golden Gate Park. Two years later, the parade moved to Market Street with more than 2,000 marchers.

"Openhouse is calling on our community to recall their memories of the early years of gay pride in San Francisco and share their stories with us," said Dr. Karyn Skultety, Executive Director. "While we don't know if we have members who marched on June 28, 1970, we hope some of you will contact us (see pg. 3), and bring messages of hope during another pandemic that threatens us."

See page 3 for a list of Openhouse virtual Pride events and activities.

Thank you for helping us celebrate 50 years of Pride!



In this month's newsletter...

7 ways to celebrate Pride with Openhouse (pg. 3)

Zoom and Tech Support (pg. 4)

Learn some new dance moves for Prom (pg. 5)

Teacher Spotlight: Interview with Armando Paone (pg. 11)

Virtual Housing Workshops by Openhouse

Thursday June 11 at 2PM and Friday June 23 at 2PM
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 a one and a half hour presentation with 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.



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

The Sweetheart Scam

Scammers are exploiting the fear and isolation people are feeling during the COVID-19 shelter-in-place. The Sweetheart Scam is one of the most widely utilized modes of preying upon a victim for financial gain. It's a scheme that can be perpetrated online or in person.

This can happen to any one of us at any age, however LGBTQ seniors are particularly vulnerable to this manipulation of the heart. The person perpetrating the scam convinces someone that they are in love, using compelling emotions to bilk money from the unsuspecting person. Some helpful tips on how LGBTQ folks can avoid the Sweetheart Scam:

- Be wary of a new acquaintance who is quick to profess their love- these things take time.
- Never transfer or wire money to anyone or give access to bank cards or personal sensitive information, especially if you are communicating with someone living overseas whom you've never met in person.
- Let others know about your new social interests like friends or family of choice who have your best interest in mind and can be trusted to provide honest advice and guidance.
- You are not alone- this can happen to anyone. Please don't feel embarrassed.



If you suspect someone you know may be a victim of elder abuse, call the San Francisco Adult Protective Services 24-hour/7 days-a-week hotline at 415-355-6700.

Celebrate 50 years of LGBTQ Pride with us virtually!

Here are some events and activities Openhouse is planning to celebrate 50 years of LGBTQ Pride. **Check out our e-newsletter for more details on how to join these virtual events.** To join the e-newsletter, email ray@openhouse-sf.org

- June 1 Pride 2020 launch with banner drop from 75 Laguna balcony
- June 1-30 Share your early Pride memories with Openhouse! (see below)
- June 9 Do Tell! A Pride-Centered Storytelling group (pg. 5)
- June 15 Senior Prom-Prep: Learn some new dance moves! (pg. 5)
- June 25 Virtual Senior Prom Program
Can't join us online for Prom? Call us! We will find a way to bring some LGBTQ Senior Prom love to you! Call (415) 296-8995. If after hours, please leave a message with your name, phone number and interest in prom.
- June 26 Trans March Pride Celebration
- June 28 Pride Day Celebration

We hope you will join us for all or some of these festivities so we can lift our voices and make some noise in celebration of our role in the history (and future) of LGBTQ Pride.

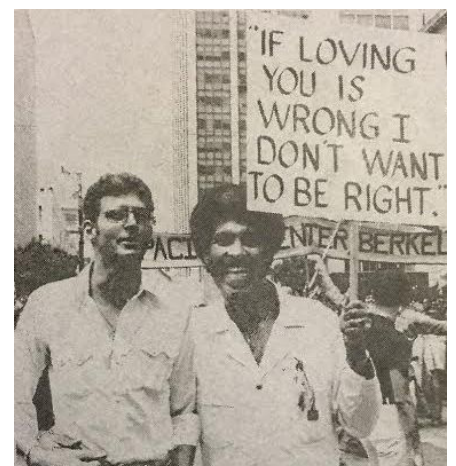
We understand that not everyone may have access to the internet. Regrettably, to keep our community safe during this time, all programming is all online.

What are your earliest memories of Pride? Did you celebrate Pride during the 1970s or 1980s?

Please add your memories of early Pride years to the Openhouse Pride Collection, which we will share on our website, social media and at our virtual celebrations this month. Reach out to us via phone, email, or snail mail. A staff member will contact you with more information or questions.

To submit your memory over the phone, call Ray at (415) 259-4140. Leave a brief message with your name and phone number, and just say you have a Pride memory to share. We will get back to you to hear your story.

To submit your memory in writing, email ray@openhouse-sf.org or send a letter to Openhouse Pride Collection, Bob Ross LGBT Senior Center, 65 Laguna Street, San Francisco, CA 94102.



Community Engagement

Raffle Ticket Winners

Thank you for participating in our Consumer Satisfaction survey! We apologize for the delay in announcing the winners sooner. The following are the raffle ticket winning numbers:

170699

170731

1708361

170742

Please call Sylvia at (415) 659-8123 to redeem your prize!



Friendly Visitor Program during COVID-19

Opportunities to connect socially in person may have changed for now, however, friendships can be cultivated in other ways. We encourage folks to give us a call to learn more about being matched up with Friendly Callers of all ages for social calls. LGBTQ elders have lifetimes of experience, perspective and know-how especially during challenging times. This is a great opportunity to build a stronger community across generations. Friendly Callers are eager to call you, and one day soon meet you in person!

To learn more about the program, contact Carrie Schell, Friendly Visitor Program Supervisor at (415) 535-1237 or cschell@openhousesf.org

No-judgement Zoom and Tech Support

Tuesdays 2 -3:30PM, starting June 9
RSVP for Zoom link or call-in number

Join this low-pressure, light hearted tech support class facilitated by On Lok's Tom Lazur. We will be solving common computer and technology problems. This is a drop-in group to learn tools for solving your issues with Zoom, routers, devices, drivers and data. Every problem is unique, and we will work together to solve them. The core focuses will be on learning on-line problem solving techniques, demystifying terms, and supporting each other in a subject that's constantly evolving and can have a steep learning curve. After attending this course, there will also be a possibility to set up future 1-on-1 meetings to solve specific tech problems.

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



Community Wellness and Services

Senior Prom-Prep: Learn some new dance moves!

Monday, June 15 and June 22, 2 – 2:30PM
RSVP for Zoom link or call-in number



In preparation for our annual Pride Senior Prom (this year, online!), come learn some new dance moves with our Dance Troupe choreographer, Allegra Hirschman. In these 30 minute meetings, you will learn a choreographed dance and generally warm up those dancing shoes! All dance moves can be done while sitting in a chair. On the day of the prom, the choreographed dance will be led by those who know the moves for all to participate in! If you're just looking to dance, no prom-attendance required!

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

Do Tell! A Pride-Centered Storytelling Group

Tuesday June 9, 16, 23, 30, 1 – 2:30PM
RSVP for Zoom link or call-in number

Join us for a four-session, Pride-centered supportive storytelling group where participants can share their stories with others who will be hanging on their every word. Serious, funny, emotional stories are all welcome, and each week we will have a creative prompt that evokes stories about Pride from many different angles. Get ready with 5-10 minute snippets of your life. We'll have 90 minutes each week to share and listen.



In describing the intention of this group, Renee, the facilitator writes: "As a Sister of Perpetual Indulgence, listening to stories of members of our community is the most precious thing I do. I've come to believe that telling our stories and feeling seen and heard by others is a life affirming experience."

This group will be facilitated by Renee Mayer, also known as Sister Jendra Uforia, Renee's pronouns are she/her. She moved to San Francisco from Maine 20 years ago and is a Sister, backpacker, gardener, handy person, and woodworker.

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 Pride 2020 banner drop 75 Laguna St balcony</p> <p>Men's Group, 2 – 3:30PM, RSVP req'd: X322</p> <p>Conversational Japanese 3:30 – 5PM, Reg req'd: X305</p> <p>"Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info</p>	<p>2</p> <p>Gay Gray Writers 4 – 6PM, Closed Group</p>	<p>3</p> <p>"In the Life" Discussion for LGBTQ People of Color 11AM – 12:30PM, RSVP req'd: X322</p> <p>Clearing House: Cluttering Support, 12:30 – 2PM RSVP req'd: X315</p> <p>Self Compassion in a Time of Isolation, 1:30 – 3PM RSVP req'd: X322</p> <p>LGBTQ Chat, 3 – 4PM</p> <p>Intermediate Spanish 2, 3 – 4:30PM, Reg req'd:</p>	<p>4</p> <p>Drop-In Meditation 11 – 11:45AM Reg req'd: X322</p>	<p>5</p> <p>Yoga, 11:30AM – 12:15PM, Reg req'd: X322</p> <p>Living with Loss: Drop-in Grief Support 1 – 2:30PM, RSVP req'd: X322</p> <p>Yiddish, 3 – 4:30PM, Reg req'd: X305</p>	<p>6</p> <p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>
7	<p>8</p> <p>Men's Group, 2 – 3:30PM, RSVP req'd: X322</p> <p>Conversational Japanese 3:30 – 5PM, Reg req'd: X305</p> <p>"Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info</p>	<p>9</p> <p>Do Tell! Storytelling Group 1 - 2:30PM, Reg req'd: X322</p> <p>Zoom and Tech Support 2 – 3:30PM Reg req'd: X322</p>	<p>10</p> <p>Self Compassion in a Time of Isolation, 1:30 – 3PM RSVP req'd: X322</p> <p>LGBTQ Chat, 3 – 4PM</p> <p>Intermediate Spanish 2, 3 – 4:30PM, Reg req'd: X305</p>	<p>11</p> <p>Drop-In Meditation 11 – 11:45AM, Reg req'd: X322</p> <p>Housing Work- shop 2 – 3:30PM</p>	<p>12</p> <p>Yoga, 11:30AM – 12:15PM, Reg req'd: X322</p> <p>Yiddish, 3 – 4:30PM, Reg req'd: X305</p>	<p>13</p> <p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>
14	<p>15</p> <p>Men's Group, 2 – 3:30PM, RSVP req'd: X322</p> <p>Conversational Japanese 3:30 – 5PM, Reg req'd: X305</p> <p>Senior Prom-Prep: Learn new dance moves 2-2:30PM, Reg req'd: X322</p> <p>"Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info</p>	<p>16</p> <p>Do Tell! Storytelling Group 1 - 2:30PM, Reg req'd: X322</p> <p>Zoom and Tech Support 2 – 3:30PM Reg req'd: X322</p> <p>Gay Gray Writers, 4 – 6PM, Closed Group</p>	<p>17</p> <p>"In the Life" Discussion for LGBTQ People of Color, 11AM – 12:30PM, RSVP req'd: X322</p> <p>Clearing House: Cluttering Support, 12:30 – 2PM, RSVP req'd: X315</p> <p>Self Compassion in a Time of Isolation, 1:30 – 3PM, RSVP req'd: X322</p> <p>LGBTQ Chat, 3 – 4PM</p> <p>Intermediate Spanish 2, 3 – 4:30PM, Reg req'd:</p>	<p>18</p> <p>Drop-In Meditation 11 – 11:45AM Reg req'd: X322</p>	<p>19 Juneteenth</p> <p>Yoga, 11:30AM – 12:15PM, Reg req'd: X322</p> <p>Living with Loss: Drop-in Grief Support 1 – 2:30PM, RSVP req'd: X322</p> <p>Yiddish, 3 – 4:30PM, Reg req'd: X305</p>	<p>20</p> <p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>
21	<p>22</p> <p>Men's Group, 2 – 3:30PM, RSVP req'd: X322</p> <p>Conversational Japanese 3:30 – 5PM, Reg req'd: X305</p> <p>Senior Prom-Prep: Learn new dance moves 2-2:30PM, Reg req'd: X322</p> <p>"Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info</p>	<p>23</p> <p>Do Tell! Storytelling Group 1 - 2:30PM, Reg req'd: X322</p> <p>Zoom and Tech Support 2 – 3:30PM, Reg req'd: X322</p> <p>Housing Workshop 2 – 3:30PM, RSVP req'd: X310</p>	<p>24</p> <p>Self Compassion in a Time of Isolation, 1:30 – 3PM, RSVP req'd: X322</p> <p>LGBTQ Chat, 3 – 4PM</p> <p>Intermediate Spanish 2, 3 – 4:30PM, Reg req'd: X305</p> <p>LGBTQ Caregivers of those w/ Dementia Sup- port Group, 6 – 7:30PM, Reg req'd: X315</p>	<p>25</p> <p>Virtual Senior Prom more info in e-newsletter</p> <p>Drop-In Meditation 11 – 11:45AM Reg req'd: X322</p>	<p>26 Trans March Pride Celebration more info in e-newsletter</p> <p>Smart Money Coaching: Information and Enrollment via Phone, 9AM – 12PM, (415) 865-5534 for info</p> <p>Yoga, 11:30AM – 12:15PM, Reg req'd: X322</p> <p>Yiddish, 3 – 4:30PM, Reg req'd: X305</p>	<p>27</p> <p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>
28	<p>29 Openhouse offices closed</p> <p>Pride Day Celebration, more info in e-newsletter</p>	<p>30</p> <p>Do Tell! Storytelling Group 1 - 2:30PM, Reg req'd: X322</p> <p>Zoom and Tech Support 2 – 3:30PM Reg req'd: X322</p>	<p>July 1</p> <p>Clearing House: Cluttering Support, 12:30 – 2PM, RSVP req'd: X315</p> <p>Self Compassion in a Time of Isolation, 1:30 – 3PM, RSVP req'd: X322</p> <p>LGBTQ Chat, 3 – 4PM</p>	<p>2</p> <p>Drop-In Meditation 11 – 11:45AM Reg req'd: X322</p>	<p>3 Openhouse offices closed</p>	<p>4</p> <p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>

LOCATIONS: All programs are being run virtually. For more info on how to connect virtually, call Openhouse's Main Line (415) 296-8995.

Community Wellness and Services

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.

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, June 24, 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.

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

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

Wednesday, June 3 and 17, 11AM-12:30PM
RSVP Required



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 especially during a pandemic; it's a struggle. 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 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.

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



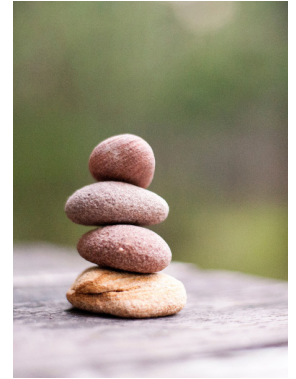
Openhouse is proud to partner with Shanti Project on the following online programs...

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

Join Openhouse for Virtual Meditation!

Thursdays, 11 – 11:45AM via Zoom
RSVP for Zoom link or phone 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.



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

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.

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

Virtual Yoga with Jay

Fridays, 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! 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

Resources

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!

Yoga Poses for Relaxation and Grounding

Compiled by Openhouse Yoga Instructor Jay Helfand. Try breathing deep into the low belly as you move through and transition between poses.



Downward Dog at the Wall, for back, shoulder and hip relief

Start standing about 3 - 4 feet from a wall, facing the wall. Place your hands on the wall, arms straight out from your shoulders. Stand with your feet hip width apart or wider. Draw the hips back and start to lower the head and torso. Torso can move towards parallel with the ground as feels good. Slowly walk towards the wall to release the pose.



Seated Twist, for low back relief and digestion support

Can be done seated or standing. Begin facing forward, arms alongside the body, seated in your chair. Extend both hands in front of you, fingers pointing forward. Inhale and as you exhale take a twist at the waist as you rotate the entire torso and hands to the right. Hold for 2-3 breaths. Come back to the center and switch to the left side.



Legs Up the Wall, for pain relief in legs

Sit sideways with your right side against the wall. Slowly swing your legs up onto the wall and your shoulders and head lightly down onto the floor. It may be tricky to get there! Wiggle your pelvis and torso closer to the wall. To move out of the pose, wiggle your hips away from the wall, roll to your side. Come up to seated slowly.

Teacher Spotlight

In honor of National Teacher Appreciation Day (May 5), we interviewed Openhouse's language teacher and Education Coordinator, Armando Paone.



When did your love for languages start?

I've loved languages since I was a young boy. When I was 8, I was taught Yiddish by my neighbor in Brooklyn. By the time I was 14, I was completely fluent and reading the Yiddish paper to the woman who taught me! I also grew up in a home where we spoke 3 different languages. That's how I eventually became a linguist, interpreter, and teacher.

It's evident that people love your classes! There seems to be something very magnetic about you as a teacher.

I think that's a reflection of the way I feel about them. This is so different from when I was teaching university students, where it was like pulling teeth!

At Openhouse, they're not taking a required course. They're doing this for the love of learning. And after all this time, they're not just students anymore. It's really like being with friends.

How do you want to be remembered?

I want to be remembered for being real. I'm from Brooklyn. People here [in California] circumvent an issue. I will address it directly, often jokingly. I believe one of the best ways to get through a tough situation is to take a look at yourself and laugh! And say, "We're not the hotshots we think we are". That's how I want to be remembered. I want people to say "Armando was a *real* person".

Openhouse welcomes new TGNC Community Liaisons: J and L'Oreale!



J Jha (all pronouns)

J is a gender non-conforming South Asian asylee, who is learning each day what their story is. Today she is proud to be collaborating his energy with Openhouse listening to the voices of our TGNC elders and understanding how this community can shape and fight this pandemic. They presented the world premiere of Mahâbhârata, a solo-telling of the great Indian epic, where the re-telling intentionally presents the non-cis gendered male perspective.



L'Oreale Earle (she/her)

I am L'Oreale Earle. I graduated from Cal State East Bay with a B.A. in Communications and currently sit on the board of San Francisco's Transgender Cultural District. It was pointed out to me that I am the first African American transgender woman to be employed at Openhouse. It is a pleasure to be working with and for community. I have always been fierce, but is so rewarding to be a fierce advocate for our community and more specifically for the elders of our community.

housing, services, and community for LGBT seniors

openhoused

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

APRIL 2020

QWOCMAP presents **16TH ANNUAL QUEER WOMEN OF COLOR FILM FESTIVAL** **JUNE 12, 13, 14**
FESTIVAL FOCUS: **SAFESPACE/NOPLACE: LGBTQ People of Color**

FREE

WINNERS BY CAPTION: 2020

CORONAVIRUS UPDATE:

Older Adults & People with Disabilities

Here to answer your questions 7 days a week

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

Learn more: www.SFHSA.org/covid-das