

SEPTEMBER 2020

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Zoom Help Hour

Every Tuesdays,
except September 22
2-3:30PM



With so many of our lives now dependent on Zoom to reach services, activities and our loved ones, Openhouse is focusing on helping folks figure out this technology. Led by Openhouse's tech support staff and volunteers, this hour and a half every Tuesday is available for any Openhouse community member who is struggling with or even just getting started with Zoom. This is a space to bring your questions about Zoom and build your skills to better connect during these difficult times.

For any questions or to RSVP contact Faire at (415) 231-5883 or faire@openhousesf.org

housing, services, and community for LGBT seniors
openhouse



We're refreshing our newsletter!



Check out and **submit** to our new columns on pages 11-12



Have feedback on the newsletter? Have ideas of what you'd like to see? Leave Ray a note at ray@openhousesf.org



To learn more about our virtual programming, be sure to sign up for our e-newsletter at www.openhouse-sf.org

Questions about Voting? Join us for our new Civic Engagement program!

Tuesday, September 22, 2PM

Come be empowered to learn about the voting process - gain knowledge on registering, mail-in-voting, and what policies are landing on the desks of our local politicians. We are here to center the empowerment of black and brown people, but all are welcome!

To RSVP, contact J at (415) 961-8378 or L'Oreale at (415) 654-2561.



Announcements



*LGBTQ+ Community Mourns the Passing of
Aging Services Pioneer*

Hadley Dale Hall

San Francisco and Openhouse have lost a friend and towering figure in aging services, and a leader in the LGBTQ+ community, with the death of Hadley Dale Hall, 87, who passed away August 10, following a short illness.

Hadley created Coming Home Hospice, the first residential AIDS hospice in the country. Retired CEO of the Visiting Nurses and Hospice Program in San Francisco, he founded San Francisco Home Health Services, a non-profit organization, where he developed the groundbreaking 30th Street Senior Center in 1976.

His legacy includes major contributions to address ageism and homophobia in city services, especially those expressly designed for seniors. Since his retirement in 1986, Hadley had been an active adviser and volunteer with non-profit aging organizations On Lok and Openhouse, where he served as a long-time foundational board member. He was instrumental in bringing the dream of a LGBTQ+ senior community to life at the Openhouse campus on Laguna Street.

Hadley is survived by his husband L. Warde Laidman, and a sister, Carmela Sanders, of Beaverton, OR, as well as many nieces and nephews. On Lok and Openhouse will observe a celebration of Hadley's life at the new Openhouse Community Center in 2021, after it is safe to gather socially. A bronze tribute already cast in his honor and planned for the new Openhouse Community Center now becomes a memorial, and will be unveiled at the celebration of Hadley's life.

Call for Dance Aerobics Instructor

Openhouse is looking to get our community moving and grooving! Do you have experience in fitness and/or aerobic dance instruction? We are looking for a volunteer instructor for a fun, virtual, low-impact dance aerobics class!

If this is you, or someone you know, contact Ariel at (415) 503-4180 or ariel@openhouse-sf.org



New Programs

Living with Uncertainty in COVID-19

Thursdays, 4 – 5:30PM

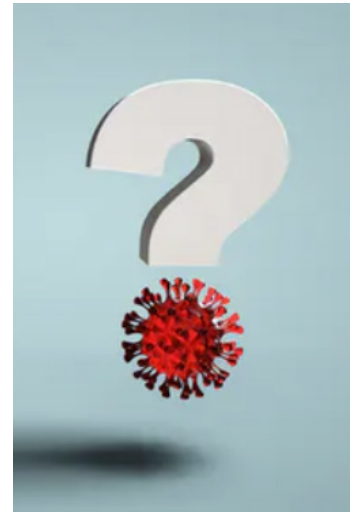
September 10 through December 3

RSVP required for Zoom link or call-in number

We are currently facing many of the uncertainties we always have: from global warming to social inequity. Perhaps, in your own life as well change is front and center. Meanwhile, we are aging, having to face health challenges and the inevitability of impermanence. Now, we face these uncertainties with the addition of the constant presence and impact of COVID-19. Our group is about listening, conversing and offering support. We humans possess natural capacities in assisting one another in carrying on. With each other, we can get through these times.

Group Facilitator, Den Reno, PhD, is a licensed psychologist who has led grief groups at Openhouse for over 5 years.

To register, contact Faire at (415) 231-5883 or faire@openhousesf.org. For questions about the group, contact Ariel at (415) 503-4180.



Japanese Conversation Class

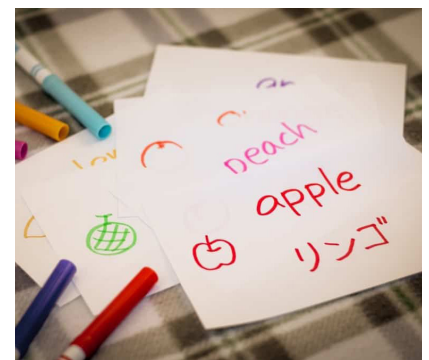
Mondays, 3:30 – 5 PM

October 5 through November 30

Registration is required for Zoom link or call-in number

Our resident Japanese scholar, Dan Stewart, will be presenting yet another installment in his series of classes on Conversational Japanese. Dan brings to his craft a rich background of having lived in Japan, along with his teaching position at Cabrillo College. This, and his lighthearted approach to the subject matter, have ranked his classes among the most popular here at Openhouse.

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



Program Highlights

Trans Resilience Support Group

Every Monday, 5:30PM

Registration required



Openhouse and TGIJP present the Trans Resilience Support Group, hosted by Ms. Billie Cooper! Join other transgender and gender non-conforming seniors as they come together to support each other through their individual walks in the trans experience. We welcome all TGNC folks to join – and look forward to building for community, by community.

For more info about this group, contact J Jha at (415) 961-8378 or L'Oreale Earle at (415) 654-2561. To register, contact Faire at (415) 231-5883 or faire@openhousesf.org

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, please contact Penn Weldon, Community Engagement Coordinator at (415) 535-2769 or pweldon@openhousesf.org

Black Lives Matter Unity Town Hall Event

Saturday, October 17, 1-3PM
Registration info will be listed in next month's newsletter

The Leadership Council on Queerness, Race, and Privilege are excited to announce the next event of their series - the BLM Unity Town Hall! The town hall will provide a space to discuss the current political climate surrounding the Black Lives Matter movement - centering the stories of Black people. The event will be held virtually on October 17th from 1-3pm, and will feature panelists and small breakout groups. Please join us as we center and empower our Black community members. More details to come!

For more info, contact Ephraim at (415) 535-0927.

Program Highlights

In the Life: Supporting LGBTQ People of Color

Now ever Wednesdays!
11AM – 12:30PM
September 2 and 16
RSVP for Zoom link or call-in number

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 confidential and 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 is gay-identified and African American and has a Master's in Health Systems Administration. He has both personal and professional experience working with health-related community organizations. Myles is excited to continue creating this supportive space for our community.

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



Virtual Housing Workshops

Thursday, September 10 and 22
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.


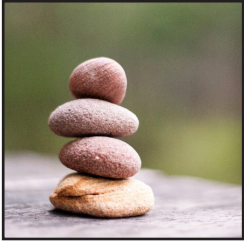

To register, contact Jessi at (415) 231-5870 or jlawrence@openhouse-sf.org



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p>Zoom and Tech Support, 2 – 3:30PM Reg req'd: X322</p> <p>Gay Gray Writers, 4 – 6PM Closed Group</p>	<p>2</p> <p>"In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322</p> <p>Clearing House: Cluttering Support 12:30 – 2PM RSVP req'd: X315</p> <p>Self-Compassion During Times of Isolation 1:30 – 3PM RSVP req'd: X322</p>	<p>3</p> <p>Drop-In Meditation, 11 – 11:45AM Reg req'd: X322</p>	<p>4</p> <p>Living with Loss: Drop-in Grief Support 1 – 2:30PM, RSVP req'd: X322</p>	<p>5</p> <p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>
6	<p>7</p> <p>Men's Drop-In Support Group, 2 – 3:30PM RSVP req'd: X322</p> <p>"Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info</p>	<p>8</p> <p>New Offering! Zoom Help Hour, 2 – 3:30PM Reg req'd: X322</p>	<p>9</p> <p>"In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322</p> <p>Self-Compassion During Times of Isolation 1:30 – 3PM RSVP req'd: X322</p>	<p>10</p> <p>Drop-In Meditation 11 – 11:45AM, Reg req'd: X322</p> <p>Housing Workshop, 2 – 3:30PM RSVP req'd: X310</p> <p>Living with Uncertainty in COVID-19, 4 – 5:30PM, Reg req'd: X322</p>	<p>11</p> <p>Yoga, 11:30AM – 12:15PM, Reg req'd: X322</p>	<p>12</p> <p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>
13	<p>14</p> <p>Men's Drop-In Support Group, 2 – 3:30PM RSVP req'd: X322</p> <p>"Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info</p>	<p>15</p> <p>Zoom Help Hour, 2 – 3:30PM Reg req'd: X322</p> <p>Gay Gray Writers, 4 – 6PM Closed Group</p>	<p>16</p> <p>"In the Life": Supporting LGBTQ POC, 11AM – 12:30PM, RSVP req'd: X322</p> <p>Clearing House: Cluttering Support, 12:30 – 2PM RSVP req'd: X315</p> <p>Self-Compassion During Times of Isolation 1:30 – 3PM RSVP req'd: X322</p> <p>Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305</p>	<p>17</p> <p>Drop-In Meditation, 11 – 11:45AM Reg req'd: X322</p> <p>Living with Uncertainty in COVID-19, 4 – 5:30PM, Reg req'd: X322</p>	<p>18</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>19</p> <p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>
20	<p>21</p> <p>Men's Drop-In Support Group, 2 – 3:30PM RSVP req'd: X322</p> <p>"Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info</p>	<p>22</p> <p>CivicEngage, 2 – 3:30PM RSVP req'd: (415) 961-8378</p> <p>Housing Workshop 2 – 3:30PM RSVP req'd: X310</p>	<p>23</p> <p>"In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322</p> <p>Self-Compassion During Times of Isolation 1:30 – 3PM, RSVP req'd: X322</p> <p>Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305</p> <p>LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM, Reg req'd: X315</p>	<p>24</p> <p>Drop-In Meditation, 11 – 11:45AM Reg req'd: X322</p> <p>Living with Uncertainty in COVID-19, 4 – 5:30PM, Reg req'd: X322</p>	<p>25</p> <p>Smart Money Coaching: Information and Enrollment via phone, 9AM – 12PM, (415) 865-5652 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>26</p> <p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>
27	<p>28</p> <p>Men's Drop-In Support Group, 2 – 3:30PM RSVP req'd: X322</p> <p>"Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info</p>	<p>29</p> <p>Zoom and Tech Support, 2 – 3:30PM Reg req'd: X322</p> <p>Gay Gray Writers, 4 – 6PM Closed Group</p>	<p>30</p> <p>"In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322</p> <p>Clearing House: Cluttering Support, 12:30 – 2PM RSVP req'd: X315</p> <p>Self-Compassion During Times of Isolation 1:30 – 3PM, RSVP req'd: X322</p> <p>Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305</p>	<p>October 1</p> <p>Drop-In Meditation, 11 – 11:45AM Reg req'd: X322</p> <p>Living with Uncertainty in COVID-19, 4 – 5:30PM, Reg req'd: X322</p>	<p>2</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>3</p> <p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>

Mind and Body Wellness

All programs are held virtually via Zoom. You can access Zoom via telephone or computer. For more info on how to virtually connect, call our main line at (415) 296-8995.

<p>Virtual Meditation</p> 	<p>Thursdays, 11 – 11:45AM via Zoom</p> <p><i>In partnership with Shanti Program</i></p> <p>Mindfulness meditation is an easily learned practice that can help us cope and be more physically and mentally resilient in a time when we are living with increased uncertainty and uneasiness. With this practice, we invite you to give your mind a break and create more space.</p> <p>RSVP to Faire at (415) 231-5883 or faire@openhousesf.org</p>
<p>Virtual Yoga with Jay</p> 	<p>Fridays, 11:30AM – 12:15PM, via Zoom</p> <p>Join us for a slow-flow yoga for all bodies, connecting breath and movement in a grounding and nourishing practice. No experience with yoga is required and no yoga props needed! Instructor, Jay Helfand, has been teaching yoga and somatics for queer, trans, and disabled communities for the last 6 years.</p> <p>Register with Faire at (415) 231-5883 or faire@openhousesf.org</p>
<p>Self-Compassion During Times of Isolation</p> 	<p>Every Wednesday 1:30 -3PM, via Zoom</p> <p>Join this supportive drop-in space for sharing our experiences of COVID 19. We'll discuss what keeps you going, what restores a sense of meaning and purpose in these times, and learn some new coping practices. Facilitator, Molly Reno, has been leading Self Care and Self Compassion support groups at Openhouse since 2012.</p> <p>RSVP to Faire at (415) 231-5883 or faire@openhousesf.org</p>

Looking for Support?

All programs are held virtually via Zoom. You can access Zoom via telephone or computer. For more info on how to virtually connect, call our main line (415) 296-8995.

LGBTQ Caregivers of Those with Dementia Support Group



Wednesday, September 23, 6-7:30PM, via Zoom

In partnership with the Alzheimer's Association.

We welcome diverse LGBTQ caregivers to this monthly, free drop-in support group. Caring for someone with dementia, whether mild or severe, is important and challenging work and inspires many questions about how to deal with what is.

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

Living with Loss



1st and 3rd Fridays, 1 – 2:30PM, via Zoom

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. The group is co-facilitated by Dale Poland and Jane Litman.

Register to Faire at (415) 231-5883 or faire@openhousesf.org

Clearing House: Drop-In Clutter Support Group



1st and 3rd Wednesdays, 12:30PM – 2PM, via Zoom

In partnership with the Mental Health Association of San Francisco

We welcome you to a drop-in 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.

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

Community Member Spotlight



Morningstar Vancil (they/she) is a Native American-Chinese Two Spirit activist and artist.

What does being two-spirit mean to you?

Indigenous people call ourselves two-spirit because we have masculine and feminine energy. That's why I go by "they" and "she". I'm a drag king and I push the envelope of masculinity. But I also have a feminine energy, which is the artist side of me.

Tell me about a time you felt belonging within the LGBTQ community.

Many years ago I used to go to traditional sun dances, which is a ceremony where we fast for 4 days and then dance with the support of our loved ones. But during the AIDS epidemic, there was a lot of fear and discrimination against gay people. When the community leaders found out I was two-spirit, they asked me to leave. I wasn't allowed to dance with them.

After that, I found a sun dance that accepted two-spirit people. And to me that was a big deal. The first time I danced with other two-spirit people, it felt like I was at the Pride parade, but in a spiritual sense! The other dancers were my spiritual sisters and brothers. I almost cried knowing that we were accepted here. We were not asked to leave. We were embraced. When I dance with them, I feel like I belong.

Who has been an important teacher in your life?

My grandmother. She raised me. Before she passed away, she said to me, "I know you're different. I know you're special. I love you anyway. But if you want me to love you for who you are, then you need to be real with me." She taught me that. Now I tell other people to be real with me, too.

What message do you want to send to the Openhouse community?

Hang in there. This will pass. Be safe because I miss you and I would like to see you again.

Community

In this section, we ask for your two cents on a question. Submit a response and we may print it in a future newsletter!

Tell us...

What is one LGBTQ social space you remember fondly?

(e.g. bars, restaurants, bookstores, etc.)

Submit your 1-4 sentence response to:

ray@openhouse-sf.org OR

Openhouse Newsletter

Bob Ross LGBT Center

65 Laguna Street

San Francisco, CA 94102

Submit your response by September 14.



ARTICHOKE SALAD

Recipe contributed by Jana Rickerson

"I learned about this recipe from the food section in the LA Times in my 30's and have used it ever since. I like to make this when I want something fresh, light and summery. Try this with chicken (hot or cold) or if eating it by itself, I serve it with Stoneground crackers on a bed of red leaf lettuce. It's pretty!"

Ingredients

- 3 tablespoons olive oil
- 1 small onion, finely chopped
- 3 cloves garlic, mashed or grated
- 6 medium sized artichoke hearts (raw or canned)
- 4 small tomatoes, cored, chopped
- 3 tablespoons minced parsley
- 8 pimiento-stuffed olives, sliced
- 3 tablespoons red wine vinegar

Instructions

- 1) Heat oil in a frying pan and saute onion and garlic until softened.
- 2) Add artichoke and continue to saute for 6-8 minutes, or until artichokes are slightly tender.
- 3) Add tomatoes, parsley and olives.
- 4) Add vinegar, salt and pepper to taste. Cover pan and simmer for 10 minutes.
- 5) Remove from heat. Serve hot or cold.

The Recipe Corner is a community-run column! Submit your favorite simple recipes to: Openhouse Newsletter, Bob Ross LGBT Center, 65 Laguna St. San Francisco, CA 94102

BRAIN GAMES

F G X Z S N G E J S J Z E
 K K A Z P A L L K R N I H
 P S R J G D R A A U P K C
 Z H F A H R J R X H M E O
 T A O H V O O E I W O B N
 A A Q Q C J L V O A E C A
 T Q C B V S H I V X M N T
 Q X O H O W A R D D Z Y S
 H T C A V I K Y V A D B E
 T Q O Q V G J S L M Y Z I
 M K U N J R M D G Y V K K
 D L D X U L U S N C I W V
 W B R O M A R T I N O R G

This month we celebrate Bisexual Awareness Month and Latino/a/x Heritage Month!

Search for the following icons' names:

- Anzaldua** Gloria Anzaldúa, lesbian Chicana scholar
- Howard** Brenda Howard, bisexual activist
- Jordan** June Jordan, bisexual poet
- Gaga** Lady Gaga, bisexual pop star
- Holiday** Billie Holiday, bisexual singer
- Kahlo** Frida Kahlo, bisexual Mexican artist
- Martin** Ricky Martin, gay Puerto Rican singer
- Rivera** Sylvia Rivera, trans Latina activist
- Sarria** José Sarria, gay Colombian-American activist
- Esta Noche** the first Latino gay bar in San Francisco

Hint: some may be listed backwards!

housing, services, and community for LGBT seniors

openhouse

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

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SEPTEMBER 2020

PEN PALS WANTED



**JOIN OPENHOUSE FOR OUR FIRST
PENPAL PROGRAM!**

TO REGISTER, SEND AN EMAIL WITH
TWO SENTENCE'S ABOUT YOURSELF
TO MATTHEW MCTIRE AT
MMCTIRE@OPENHOUSESF.ORG

OR
CALL MATTHEW AT
415.296.8995, EXT. 312