

LGBTQ+ Black Lives Matter Unity Town Hall

October 17 and 18, 1-3PM
Registration required

We live in a period where social contradictions have been laid bare by the racism in our communities: ongoing murder of Black people by police, mass incarceration, high unemployment, lack of access to health care, climate crisis, voter suppression, a broken system of education, and COVID-19's disproportionate impact on Black, Indigenous and POC communities. As same-gender-loving and LGBTQ+ community members let's unite to make things right.

This virtual town hall features panelists Joe Hawkins, Alex U. Inn, Ar'ia Said, Zwazzi Sowö. Participants in small break-out groups will explore:

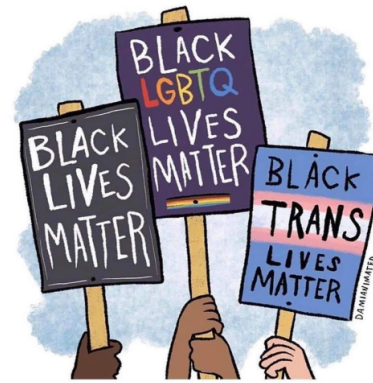


Illustration by Damian Alexander
damianimated.tumblr.com

- Where does it hurt? The injury to the individual and community from racism, internalized oppression and unconscious/implicit bias.
- How addressing anti-black bias will benefit all people. Who benefits from crises if unchecked? Who benefits when we "other" each other?

In every breakdown there exists the seeds of a breakthrough, if we are willing to see them. We are the solution -- all of us. Join us as we center and empower the stories of Black people.

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

Co-sponsored by AfroSolo Theater Company, Bayard Rustin Coalition, Colectivo del Rescate Cultural (Culture Rescue Collective), National Association for the Advancement of Colored People (NAACP) LGBT Committee, and National Center for Lesbian Rights.

This event is organized by the Leadership Council on Queerness, Race, and Privilege, a member-initiated working group striving for racial understanding, equity, and inclusion at all levels of Openhouse.

OCTOBER 2020

2	Civic Engagement 101
3	What matters most?: Free Advance Directive Workshop
4	Pen Pals Wanted
8	Trans Resilience Support Group
10	Get ready to vote!
11	Tip Jar: Memories of LGBTQ social spaces

Announcements

Townhall with Openhouse Executive Director: Dr. Karyn Skultety

Friday, October 23, 12-1PM. No RSVP required.

Join via phone or Zoom.

Call (408) 638-0968, enter Zoom ID: 926 8635 2332

Or go to openhouse-sf.zoom.us/j/92686352332



Join Karyn to hear the latest updates about Openhouse and how we are working to respond to the challenges of COVID-19, to be a part of the fight for justice in our communities, and to continue our work with and for LGBTQ+ seniors in San Francisco and beyond.

You will be able to ask questions during the event through the chat/Q&A functions of Zoom, but if you prefer you can send in a question ahead of time.

Send your questions to Karyn in one of the following ways:

- Mail: Bob Ross LGBT Senior Center, 65 Laguna, San Francisco, CA, 94102
- Leave a voicemail (415) 728-0197
- Email info@openhouse-sf.org

Civic Engagement 101

During this 6-week series, 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!

For program details, contact J at (415) 961-8378.



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

What Matters Most?

A free in-depth Advance Directive Workshop for LGBTQ Older Adults

Part 1: Thursday, October 29, 11AM – 1PM

Part 2: Thursday, November 11, 11AM – 1PM.

RSVP required.



This two-part workshop is led by Redwing Keyssar, RN and Director of Patient and Caregiver Education at the UCSF MERI Center for Education in Palliative Care. During this workshop, you will:

- Create a personalized plan to honor your wishes
- Have your questions answered
- Complete your new or revised Advance Directive for Healthcare

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

Ancestors in the Shadows

Monday, November 9, 1–2:30PM

Wednesday, December 9, 1–2:30PM

Registration required for Zoom link or call-in number.

Phil James, a local LGBT amateur genealogist, will guide you through an introduction to family history, with a focus on “ancestors in the shadows” (i.e. starting a family history project and finding your LGBT ancestors, African-American and other non-European ancestors, using records for women and records found in non-U.S. record bases.)



You may find it helpful to gather a few of your own family treasures to examine during class, e.g.: old photos, family Bible, obituaries etc. Topics will include the Genealogical Archives of the Mormon Church, the role of DNA and genetics and your local library as a source of information.

2 sessions offered. Please note that attendance will be limited to 15 participants per session.

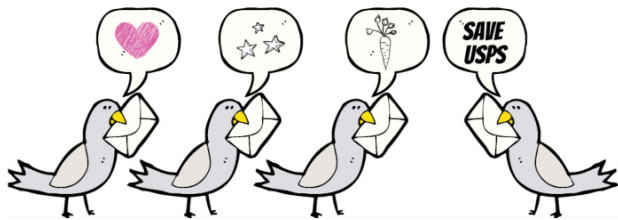
To register, contact Armando at (415) 728-0194 or armando@openhouse-sf.org

Looking to connect?

PEN PALS WANTED

Join Openhouse for our first Pen Pal program! Write to and receive letters from a new quarantine friend.

To register, contact Matthew at (415) 231-5872 or send an email with two sentences about yourself to mmctire@openhousesf.org



Zoom Help Hour

Every Tuesday 2-3:30PM
RSVP required.



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

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.

To learn more, contact Penn at (415) 535-2769 or pweldon@openhousesf.org

Japanese Conversation Class

Mondays, 3:30 – 5 PM
Register by October 5

Our resident Japanese scholar, Dan Stewart, will be presenting yet another installment in his series of classes on Conversational Japanese. Dan's lighthearted approach to the subject matter, has ranked his classes among the most popular here at Openhouse.



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

Mind and Body Wellness

Virtual Meditation



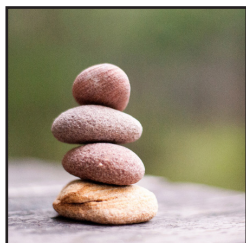
Thursdays, 11 – 11:45AM via Zoom

In partnership with Shanti Program

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.

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

Virtual Yoga with Jay



Fridays, 11:30AM – 12:15PM, via Zoom

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.

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

Housing Workshops

Virtual Housing Workshops



Thursday, October 15, 2PM

Tuesday, October 27, 2PM


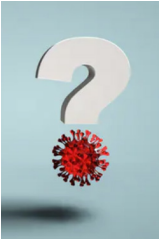
Register for Zoom link or call-in number

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

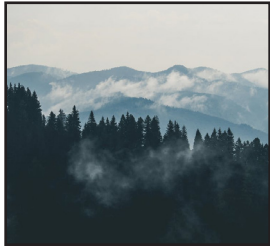


SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1</p> <p>Drop-In Meditation, 11 – 11:45AM Reg req'd: X322</p> <p>Living with Uncertainty in COVID-19 4 – 5:30PM, Reg req'd: X322</p>	<p>2</p> <p>Living with Loss: Drop-in Grief Support 1 – 2:30PM, RSVP req'd: X322</p> <p>Yiddish, 3 – 4:30PM, Reg req'd: X305</p>	<p>3</p> <p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>
4	<p>5</p> <p>Men's Drop-In Support 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>6</p> <p>Zoom Help Hour 2 – 3:30PM, Reg req'd: X322</p> <p>Civic Engagement 101 4 – 5:30PM RSVP req'd: (415) 961-8378</p>	<p>7</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>Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305</p>	<p>8</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>9</p> <p>Yiddish, 3 – 4:30PM, Reg req'd: X305</p>	<p>10</p> <p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>
11	<p>12</p> <p>Men's Drop-In Support 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>13</p> <p>Zoom Help Hour 2 – 3:30PM, Reg req'd: X322</p> <p>Gay Gray Writers, 4 – 6PM Closed Group</p> <p>Civic Engagement 101 4 – 5:30PM RSVP req'd: (415) 961-8378</p>	<p>14</p> <p>"In the Life": Supporting LGBTQ POC, 11AM – 12:30PM, RSVP req'd: X322</p> <p>Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305</p>	<p>15</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>16</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>17</p> <p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p> <p>BLM Unity Town Hall 1 – 3PM RSVP req'd: X322</p>
<p>18</p> <p>BLM Unity Town Hall 1 – 3PM RSVP req'd: X322</p>	<p>19</p> <p>Men's Drop-In Support 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>20</p> <p>Zoom Help Hour 2 – 3:30PM, Reg req'd: X322</p> <p>Civic Engagement 101 4 – 5:30PM RSVP req'd: (415) 961-8378</p>	<p>21</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>Intermediate Spanish, 3 – 4:30PM Reg req'd: X305</p>	<p>22</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>23</p> <p>Smart Money Coaching: Information and Enrollment via phone, 9AM – 12PM, (415) 865-5652 for info</p> <p>Town Hall with Dr. Karyn Skultety 12 – 1PM, see page 2 for access info</p> <p>Yiddish, 3 – 4:30PM, Reg req'd: X305</p>	<p>24</p> <p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>
25	<p>26</p> <p>Men's Drop-In Support 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>27</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>Gay Gray Writers, 4 – 6PM Closed Group</p> <p>Civic Engagement 101 4 – 5:30PM RSVP req'd: (415) 961-8378</p>	<p>28</p> <p>"In the Life": Supporting LGBTQ POC 11AM – 12:30PM, 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>29</p> <p>Advance Directive Workshop Pt 1 11AM – 1PM, Reg req'd: X322</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>30</p> <p>Yiddish, 3 – 4:30PM, Reg req'd: X305</p>	<p>31</p> <p>Happy Halloween!</p> <p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>

Looking for Support?

<p>Trans Resilience Support Group</p> 	<p>Every Monday, 5:30 - 7PM. Registration required.</p> <p>Join other transgender and gender non-conforming seniors as they come together to support each other through their individual walks in the trans experience.</p> <p>Co-presented by TGI Justice Project. Hosted by Ms. Billie Cooper.</p> <p>Questions? Contact L'Oreale at (415) 654-2561. To register, contact Faire at (415) 231-5883 or faire@openhousesf.org</p>
<p>In the Life: Supporting LGBTQ People of Color</p> 	<p>Every Wednesday, 11AM – 12:30PM. RSVP required.</p> <p>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. Facilitated by Myles Dixon who is gay-identified and African American and has a Master's in Health Systems Administration.</p> <p>RSVP to Faire (415) 231-5883 or faire@openhousesf.org</p>
<p>Living with Uncertainty in COVID-19</p> 	<p>Every Thursday, 4 – 5:30PM. Registration required.</p> <p>Join us as we listen, converse and offer support during the unprecedented uncertainty we are facing. We humans possess natural capacities in assisting one another in carrying on. With each other, we can get through these times.</p> <p>Facilitator: Den Reno, PhD.</p> <p>Questions? Contact Ariel at (415) 503-4180. Register with Faire at (415) 231-5883 or faire@openhousesf.org.</p>

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.

Looking for Support?

<p>LGBTQ Caregivers of Those with Dementia Support Group</p> 	<p>Wednesday, October 28, 6-7:30PM</p> <p><i>In partnership with the Alzheimer's Association.</i></p> <p>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.</p> <p>Interested? Contact Ariel at ariel@openhouse-sf.org or (415) 503-4180.</p>
<p>Living with Loss: Drop-In Grief Support Group</p> 	<p>1st and 3rd Fridays, 1 – 2:30PM</p> <p>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.</p> <p>Register to Faire at (415) 231-5883 or faire@openhousesf.org</p>
<p>Clearing House: Drop-In Clutter Support Group</p> 	<p>1st and 3rd Wednesdays, 12:30PM – 2PM</p> <p><i>In partnership with the Mental Health Association of San Francisco</i></p> <p>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.</p> <p>RSVP to Ariel at ariel@openhouse-sf.org or (415) 503-4180.</p>

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.

Get Ready to Vote!

Voting looks a little different this year. Here's what you need to know for the November 3 General Election.

Registered voters will automatically receive a mail-in ballot.

In accordance with recent changes in the law, the San Francisco Department of Elections will mail vote-by-mail ballots to all registered voters. This means the vast majority of voters will not need to take any action to receive a ballot in the upcoming election and any registered voter may vote using a vote-by-mail ballot instead of going to the polls on Election Day.

Return your mail-in ballot early.

United States Postal Services (USPS) sustained cost-cutting changes this summer that resulted in mail delivery delays across the country. Voters should return their mail-in ballots as early as possible to make sure they are counted.

Mail-in voting is encouraged, but other options are still available.

In-person voting services are still available at the City Hall Voting Center and 588 polling places. Curbside ballot drop off and home-delivery voting can also be arranged by calling the Department of Elections at (415) 554-4375.

Smaller crowds and shorter lines on Election Day will help keep our communities and poll workers safer during this pandemic.



Questions about voting?
Call the SF Department of Elections
(415) 554-4375

Call the SF Department of Elections for any of the following:

- Change of name, political party, or address
- Request large print or audio format mail-in ballot
- Request a paper voter registration application to be mailed to you
- Inquire about home-delivery voting program or arrange curbside ballot drop-off
- Any questions you may have!

Important Dates *(San Francisco only)*

October 19: last day to register to vote

November 3: Election Day. All mail-in ballots must be postmarked on this day.

"A Date With Yourself" Smoothie

Recipe contributed by
Ariel Mellinger



"I make this smoothie every day—really, every. single. day. It's the right amount of sweet, has a ton of healthy stuff in it, and is an incredibly satisfying late morning snack that leaves me feeling content until lunch."

Ingredients

- 8 oz. milk of your choice
- 3 dates, pitted, and soaked in hot water for at least 5 minutes
- 1/3 – 1/2 cup of uncooked rolled oats (avoid using instant oats)
- 1-2 tbsp of your favorite seed or nut butter (I use tahini)
- 1-2 tsp of honey or maple syrup

How to whip it up:

- 1) Add ice cubes, milk, soaked dates, rolled oats, seed/nut butter, and honey/maple syrup to blender.
- 2) Blend until oats and dates are completely broken down and your smoothie has the consistency you like (I like mine super frothy and this takes about 2-3 minutes.)
- 3) Pour into your favorite glass and enjoy!

The Recipe Corner is community-run!

Submit your favorite simple recipes to:

Openhouse Newsletter
Bob Ross LGBT Center
65 Laguna St.
San Francisco, CA 94102
or ray@openhousesf.org



What is one LGBTQ social space you remember fondly?

The Kokpit at 301 Turk St. When it was against the law for gay folks to congregate it was a haven in the 50s. I worked there, and had to always look over my shoulder to make sure things safe are. We had many visits from undercover police trying to pick up a guy and then arrest him. It was a great bar. - Robbie R.

For 12 years, I volunteered at CPMC/Davies, working with HIV inpatients. A very fond memory is, after leaving my Davies shifts, coming down to the **Twin Peaks** for a couple of drinks. This perfectly rounded out often long, sometimes emotionally-draining days with patients. - Sam

At the eastern end of Belmont Avenue on Chicago's North Side, there was a lovely patch of grass and rocks - no sand or (GASP!) bushes- called **Belmont Rocks**, one of the great gay hangouts in the summer. From 1970 on, with Gay Lib a reality, it became Our Beach, with swimming off the rocks, for the few who wanted to. Most did not, to avoid getting their bathing suits wet - and/or their hair, thus compromising their comeliness, esp. if they had "plans" for later. Some were afraid of the water, fearing (justifiably) what may have been in it. Grass was everywhere, made sweeter by its illegality, and the weekends were magical, as we were mostly in our Golden Twenties, HOT, and we knew it! - Frank B.

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

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OCTOBER 2020



We're refreshing our newsletter!



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 openhousesf.org/newsletter



What's your two cents?

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 your favorite holiday memory?

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 November 14.