



JANUARY 2021

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When Katie Met Sally

By Jackie Meinhardt, Openhouse Volunteer

Almost two years ago, Katie Pantell, a 20-something, Jewish, politically active, cisgender lesbian met Sally Goldin, a 70-something, Jewish, politically active, cisgender lesbian. Not long after they were paired up as part of the Friendly Visitor program did these two women realize that beyond their obvious similarities, their love of good, locally-sourced food and their disdain for capitalism would be the foundation of a beautiful friendship.

When asked why she became a volunteer through the Friendly Visitor program, Katie said, "I moved to the area almost four years ago and I didn't know a lot of people here. None of my family is here. I was looking for a sense of community and an opportunity to give back." But her desire to make a meaningful connection went beyond meeting other people her own age; she wanted what she calls an intergenerational relationship with someone from whom she could learn. Fortunately, it turns out Sally was seeking the same thing, despite already having what she describes as a very strong support system. "I wanted a young dyke to be my Friendly Visitor, because I wanted to know what the youngsters are up to," Sally said.
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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

Announcements

Openhouse + On Lok PACE Workshop
Thursdays January 7 and 21, 3:30-5PM



on LOK®
where seniors embrace life

PACE

As a leading service provider in San Francisco's LGBTQ+ community during these trying times, Openhouse has been listening to the pressing concerns our seniors are voicing. At the top of the list is their limited access to quality healthcare services as they age and the fear of ending up in a nursing home.

To address these concerns, Openhouse is thrilled to present On Lok PACE, a full-service healthcare program created by our partner, On Lok, to empower seniors to age with dignity and independence in their community. Fifty years ago, On Lok's founders created the Program of All-Inclusive Care for the Elderly (PACE) to provide seniors who wanted to stay in the community with the care and services they needed to age safely in place, instead of a nursing home.

Openhouse and On Lok believe that everyone should have the choice to age at home, regardless of their physical, medical, and financial circumstances. With their medical and long-term care needs taken care of, On Lok PACE participants can live to their fullest, at any age and level of ability; and most importantly, at home.

Join us for a bimonthly workshop highlighting the benefits the On Lok PACE program can provide our LGBTQ+ older adults and learn the eligibility requirements to enroll. The workshop will highlight the services delivered by On Lok PACE's multi-disciplinary team of experts, including all medical care; dental, vision, and hearing; physical and occupational therapy; social services; nutritious meals; home care; transportation, and much more.

Register with Ephraim at egetahun@openhousesf.org or (415) 535-0927.

Subscribe to our e-newsletter

Our newsletters have changed! Due to our focus on virtual programming Openhouse has chosen to de-emphasize our virtual offerings in our print newsletter, but our e-newsletter is where we really highlight all things virtual. To subscribe to our e-newsletter head over to:
www.openhousesf.org/newsletter



New Programs

The Lightness Lab

90-minute workshop exploring joyful engagement

Monday, January 25, 1 - 2:30PM

This joy-filled workshop explores the fundamentals of spontaneous play through games and group activities tailored to tickle your funny bone and enliven our community. How can we still engage with one another in a playful and creative way from the comforts of our own homes? What might the value be in creating fellowship around something as deceptively simple as “curiosity”? There are no other prerequisites, so come see what happens in this interactive and fun introductory workshop!

Facilitator Evan Johnson is a 35-year-old queer theatre maker, playwright, and drag performer with a passion for community based projects. Most recently, Evan developed the highly successful Zoom-based programs Play in Place! and Out of Frame (for San Francisco Village).

Register with Faire at faire@openhousesf.org, (415) 699-2244



Art at Openhouse

in partnership with Art With Elders (AWE)

Saturdays, January 9, 16, 23, and 30, 1-3PM

Join to explore new ideas, and build positive relationships with your peers. These are not craft activities, but instead focus on skill-building — ranging from color and composition to perspective and background. This class will explore a variety of mediums and is open to all skill levels. Supplies are provided & there will be a waiting list.

Instructed by Hugh Leeman, an artist whose work acts as a form of social commentary. To find out more go to hughleeman.com

To register for our virtual program or for information on accessing the class without technology, contact Penn at (415) 535-2769 (make sure to leave a message) or pweldon@openhousesf.org



New Programs

Virtual Dance Aerobics with Donna Persona!

Tuesdays, February 9 through March 16, 1 - 1:30PM

Let's get moving and grooving. Join us for a fun, safe way to bring movement and joy into our lives. Each 30-minute session will be a series of warm ups, stretches, movements, and great music that carefully takes us through a dance workout that will get our hearts pumping and tap into the dancing queen inside all of us. No experience is necessary and the class can be done seated or standing.

Donna Persona, instructor, is a community member and volunteer at Openhouse. Donna is a drag queen performer and loves dance and all things theater. Her background includes ballet and modern dance. Donna has a certificate of Dance Aerobic Instruction and is looking forward to bringing her experience and energy to the greater Openhouse community.

Register with Faire at faire@openhousesf.org or (415) 699-2244
Questions? Contact Ariel, ariel@openhouse-sf.org or (415) 503-4180



Photo by Marco Roso,
Dis Magazine

"Food Matters": flavorful, healthy cooking comes to Openhouse!

Thursday, February 11 through March 4, 11-12:30PM

In partnership with 18 Reasons, a non-profit community cooking school, Openhouse welcomes you to join a series of weekly cooking classes from the comfort of your home. Each session will deal with familiar and comforting food with an extra added "healthy" touch. Every week you will receive a recipe along with the necessary ingredients delivered to your home, all free of charge.

Classes will be presented in groups of four weekly sessions. We therefore ask that you agree to attend the series of four classes if possible. Please note that attendance will be limited to 10 participants.

Register with Armando at armando@openhouse-sf.org or (415) 728-0194.

18 REASONS



Program Highlights

Living with Loss: Virtual Drop-In Grief Support Group



Fridays, January 8 and 22, 1-2:30PM

Are you feeling sad? There are a variety of losses that we experience and many of us are feeling new and more acute forms of loss during COVID-19. Some of these experiences include loss that relates to isolation and loneliness, losing those we love, or maybe even the loss of the life we had before the pandemic. Loss and grief come in many forms. Join Openhouse and VITAS Healthcare for a drop-in grief support group where we can find community and support each other through these experiences in a safe and welcoming environment. This group is co-facilitated by Dale Poland and Jane Litman.

Please note: this month we will be meeting on the 2nd and 4th Fridays in January.

Register with Faire at, faire@openhousesf.org or (415) 699-2244.

Living with Uncertainty in the Times of COVID-19

Thursdays, January 7 - March 25
4-5:30PM

Join us for a new 12-week session as we continue to 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.

Facilitator: Den Reno, PhD. This is a drop-in group and you must RSVP to join.

Register with Faire at (415) 699-2244 or faire@openhousesf.org



Zoom Help Hour

Tuesday, January 5 and 19
2-3:30PM

Does Zoom make you want to tear your hair out? With so many of our lives now dependent on Zoom to reach services, activities and our loved ones, Openhouse understands just how stressful it can be when your struggling to understand the technology that helps you connect with everything. Available for any community member who needs help with Zoom. This is a space to bring your questions about Zoom, to build your skills to better connect during these difficult times.

Register with Faire at (415) 699-2244 or faire@openhousesf.org



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 New Years Day Openhouse offices closed	2
3	4 Men's Drop-In Support Group, 2 – 3:30PM RSVP req'd: X322 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info	5 Zoom Help Hour 2 – 3:30PM, Reg req'd: X322 Gay Gray Writers, 4 – 6PM, Group Now Open, Reg req'd: X322	6 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322 Clearing House: Cluttering Support, 12:30 – 2PM RSVP req'd: X315 Intermediate Spanish, 3 – 4:30PM Reg req'd: X305	7 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322 Openhouse/On Lok PACE Workshop 3:30 – 5PM, Reg req'd: (415) 535-0927 Living with Uncertainty in COVID-19 4 – 5:30PM, Reg req'd: X322	8 Yoga, 11 – 11:45AM Reg req'd: X322 Living with Loss: Drop-in Grief Support 1 – 2:30PM, Reg req'd: X322 Yiddish, 3 – 4:30PM Reg req'd: X305	9 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765
10	11 Men's Drop-In Support Group, 2 – 3:30PM RSVP req'd: X322 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info	12	13 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322 Intermediate Spanish, 3 – 4:30PM Reg req'd: X305	14 Drop-In Meditation 11 – 11:45AM, Reg req'd: X322 Housing Workshop 2 – 3:30PM RSVP req'd: X310 Living with Uncertainty in COVID-19 4 – 5:30PM, Reg req'd: X322	15 Yoga, 11 – 11:45AM Reg req'd: X322 Yiddish, 3 – 4:30PM Reg req'd: X305	16 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765
17	18 Martin Luther King Jr Day Men's Drop-In Support Group, 2 – 3:30PM RSVP req'd: X322 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info	19 Zoom Help Hour 2 – 3:30PM, Reg req'd: X322 Gay Gray Writers, 4 – 6PM, Group Now Open, Reg req'd: X322	20 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322 Clearing House: Cluttering Support, 12:30 – 2PM RSVP req'd: X315 Virtual Visit to Muttville, 2:30 – 3:30PM, RSVP req'd: X315 Intermediate Spanish, 3 – 4:30PM Reg req'd: X305	21 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322 Openhouse/On Lok PACE Workshop 3:30 – 5PM, Reg req'd: (415) 535-0927 Living with Uncertainty in COVID-19 4 – 5:30PM, Reg req'd: X322	22 Yoga, 11 – 11:45AM Reg req'd: X322 Living with Loss: Drop-in Grief Support 1 – 2:30PM, Reg req'd: X322 Yiddish, 3 – 4:30PM Reg req'd: X305	23 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765
24	25 The Lightness Lab, 1 – 2:30PM, RSVP req'd: X322 Men's Drop-In Support Group, 2 – 3:30PM RSVP req'd: X322 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info	26 Housing Workshop 2 – 3:30PM RSVP req'd: X310	27 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322 Intermediate Spanish, 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 Living with Uncertainty in COVID-19 4 – 5:30PM, Reg req'd: X322	29 Yoga, 11 – 11:45AM Reg req'd: X322 Yiddish, 3 – 4:30PM Reg req'd: X305	30 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765

NOTE: All programs are held virtually via Zoom, which can be accessed via telephone or computer. For more info on how to virtually connect, call (415) 296-8995.



Body Wellness

The following programs are presented in partnership with Shanti Project

Health Talks with Dr. Louise Aronson

Tuesday, February 23, 2-3:30PM

Co-sponsored with Shanti Project

Dr. Louise Aronson, leading geriatrician, professor of medicine at UCSF, and author of the Pulitzer Prize Finalist *Elderhood*, will be bringing her knowledge and expertise to the Openhouse community in a series of talks beginning in February!



The first talk will focus on COVID-19 and the older adult community. Come learn about the ins and outs of this pandemic and get some of your questions answered.

We'd love to hear from you! What are some health-related topics you'd be interested in learning about? Some examples include: mobility and fall prevention, medication management, and emergency preparedness.

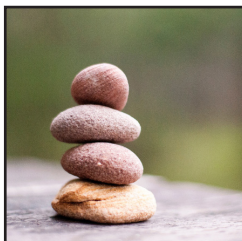
Register with Ariel at ariel@openhouse-sf.org or (415) 503-4180.

Virtual Meditation

Thursdays, January 7, 14, 21, and 28, 11-11:45 AM

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.

Register with Faire at (415) 699-2244 or faire@openhousesf.org



Virtual Yoga with Jay

Fridays, January 8, 15, and 22
11-11:45 AM

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.

Register with Faire at (415) 699-2244 or faire@openhousesf.org

Looking for support?



Clearing House: Drop-In Clutter Support Group

Wednesdays, January 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. Register with Ariel at ariel@openhouse-sf.org or (415) 503-4180



LGBTQ Caregivers of those with Dementia Support Group

in partnership with the Alzheimer's Association

Wednesday, January 27, 6-7:30 PM

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. Join us as we continue to connect virtually through Zoom.

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

Housing Support



Affordable Rental Housing Workshop

January 14 and 26, 2-3:30 PM

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 long 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.

Register with Jessi at jessi@openhouse-sf.org or 415-231-5870

(cont. front page)

Despite the 40+ year age difference between them, a genuine friendship quickly formed and has only grown deeper. Katie said, "It's really kind of just morphed into a friendship separate and apart from any sort of formal program. Sally is just part of my life now and one of my friends, and not necessarily part of a volunteer activity." Sally was even able to attend Katie's wedding during pre-COVID times.

Like any friendship, Katie and Sally's relationship has dealt with its share of hard times. The pandemic has put a screeching halt on their regular meetups at local restaurants that Sally previously scouted for. It's also forced them to be a bit more reliant on digital forms of communication. And that proved to be a little challenging back in May when Sally's almost 96-year-old mother passed away. Sally said Katie gave her the necessary space to heal, while also reminding her that she was there to help her through whatever she may be going through. Sally said, "I didn't exactly shut down, but it really changed me when [my mother] died. I did not reach out as much, except for my close circle. But Katie kept in touch with me. She'd send me emails and say, 'I'd love to talk to you. It's ok if you don't want to.' She kept at it, which was really good." Like any real friend would.

Hopefully in the near future, their meetups can continue safely in person. Their first date post-pandemic? Katie said, "Oh, definitely getting burgers. Hands down." Of course, Sally agreed. "We'll go out to a restaurant. Absolutely." And conceivably many more meals together after that.

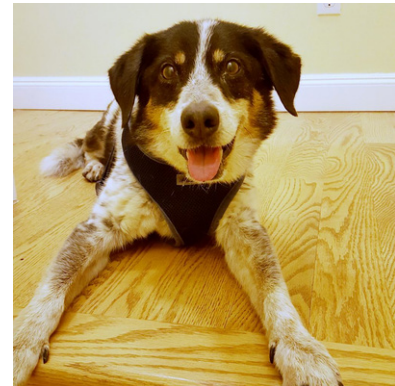
MUTTVILLE[®]
senior dog rescue

Join Openhouse for a virtual visit to Muttville!

Wednesday, January 20
2:30 -3:30PM

Love dogs and want to feel some pure doggie-related joy? Join us for a monthly virtual visit to Muttville where we will watch the senior dogs gallivant around the headquarters, learn the stories of the dogs who are there, and spend some time enjoying the company of our community and some doggie companions.

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



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:

SAGE LGBT Elder Hotline

(877) 360-5428

Available 24 hrs everyday

SF Suicide Crisis and Emotional Support Line

(415) 781-0500 or (800) 273-8255

Available 24 hrs everyday

Institute on Aging Friendship Line

(800) 971-0016

Available 24 hrs everyday

Trans Lifeline

(877) 565-8860

7AM – 1AM everyday

HIV Nightline

(415) 434-2437 or (800) 273-2437

Available 24 hrs everyday

Mobile Crisis

(415) 970-4000

Mon – Fri, 8:30AM – 11PM

Sat and holidays: 12 – 8PM

Please note: When responding in-person to crisis calls, police may accompany mobile crisis workers.

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!



Does someone you care about
have memory loss?

This FREE program for LGBTQ+ adults can help!

CALL 1-888-655-6646

- Nine coaching sessions for you and the person with memory loss.
- Complete the virtual program from the comfort of your home.
- Compensation for completing five phone interviews.

Contact us today

Call 1-888-655-6646, email ageIDEA@uw.edu or visit ageIDEA.org.

Aging with Pride: IDEA
IDEA = Innovations in Dementia Empowerment and Action

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UNIVERSITY of WASHINGTON



What's your two cents?

Submit a short story and we'll print it in a future newsletter!

Tell us about a new beginning you experienced, big or small.

Examples: meeting someone new, moving to a new city, learning something new about yourself, etc.

Submit your response by January 14.

Send your 3-6 sentence response to:

ray@openhousesf.org OR

Openhouse Newsletter

Bob Ross LGBT Center

65 Laguna Street

San Francisco, CA 94102

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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