

Keep Calm and Carry On

Patty Woods has been around Openhouse since “before it became what it is today”. She’s been to more Openhouse programs than she can count and, before the pandemic, led the Saturday Games Group for 7 years! Having grown up in New York and worked several demanding jobs – from being a waitress, to owning her own food truck, to being a building manager – Patty is no stranger to stressful settings. While in-person activities have been put on hold, Patty continues to offer the Openhouse community a way stay connected and calm: her Friday Virtual Tai Chi class (pg.11).

How did you first hear about tai chi?

Well, I would see it around town, in the parks. I saw how people moved with such ease and I thought it looked so good. Of course, I couldn't move like that. At the time, I wasn't doing anything to improve my body, so I thought “let me try that”, and when I felt the difference, it was amazing!

How would you describe the difference you felt?

As we get older, we lose balance. It's just part of aging. Doing tai chi makes you feel like you have more control of your body. It teaches you to be aware of your body position, your walking and balance. This helps you to avoid getting hurt. For example, if you go to stretch, you know not to go too far. When you reach up, you move with the entire body. (cont. pg 11)

Save the Date
Trans Day of Visibility
 Wednesday, March 31
 For event updates, go to TDOV.org

MARCH 2021

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Patty celebrated Pride at the Openhouse Senior Prom in both 2018 (top) and 2019 (bottom).

Announcements

Pride Poster Contest

Openhouse presents our first annual Pride Poster Contest! This year our theme is "Pride Inside" recognizing not only that most of us will be celebrating Pride safely in the comfort of our homes, but also the pride we carry inside ourselves each and every day.

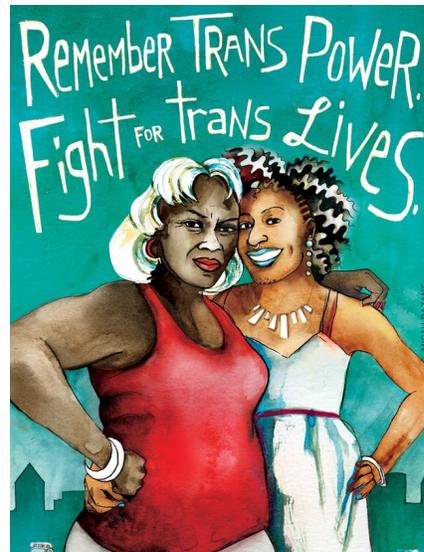
The 3 winning posters will be printed into special-edition postcards and winners will receive a monetary prize and will be featured on the Openhouse website.

Submissions due by April 23.

Submit a 8.5 x 11" piece of original artwork inspired by the theme "Pride Inside". All mediums are accepted– drawing, painting, collage, digital, etc.

No existing clip art or graphics permitted. If using photographs depicting any person, please obtain permission to use their image.

Messaging is limited to no more than 12 words per poster. We encourage you to use bright colors and bold text. Include a 1-5 sentence artist statement about your design.



Artwork by Micah Bazant

Send your submission to:

ray@openhousesf.org OR
Ray Tsukayama
Openhouse
Bob Ross LGBT Senior Center
65 Laguna St
San Francisco, CA 94102

Questions? Leave a message for Ray at (415) 259-4140, and they will return your call.

Virtual Yoga Class

New Instructor! New Time! New type of class!
Wednesdays, April 14 to June 16, 2-3PM



We are excited to offer a new session of yoga with new instructor Jared while Jay takes a break. This practice will be adjusted for the potential limitations of practicing yoga from home. No prior experience with yoga is required and no yoga props needed!

Jared Braiterman (all pronouns), identifies as queer, over 55, and an Openhouse neighbor! While Jared's training comes out of the yoga studio world, his goal is to offer yoga to all types of people and bodies so they can gain and maintain physical and emotional wellness. Jared hopes to teach yoga full-time in social services or health settings and is looking forward to beginning his journey with Openhouse.

Register with Faire at faire@openhouse-sf.org or (415) 503-4180.

Upcoming Virtual Programs

American Sign Language (ASL) comes to Openhouse!

Thursdays, April 15 through June 17, 12-1:30PM

Register for virtual class

In response to numerous requests from our Community, Openhouse is proud to announce our very first class on American Sign Language (ASL). This new educational series will be presented via ZOOM and all printed material will be available to participants free of charge.

Students will learn basic ASL idioms and signs, including finger-spelling and numbers, facial expressions, beginning conversational sign language and a simple knowledge of deaf culture. The purpose will be to enjoy learning the basics of ASL, to express oneself using one's body and to be comfortable communicating with those who are deaf or hearing-impaired.

Classes are presented by Robert Averett. Robert studied Sign Language as an undergraduate and volunteered teaching hearing-impaired students. While in graduate school, he taught at the Washington State School for the Deaf. After completing his studies, Robert taught deaf and hearing-impaired students for 25 years. He holds a BA degree in Education and Psychology and a Masters Degree in teaching people who are hearing-impaired. He was also co-founder and artistic director of the Sign and Mime Theatre Troupe in Seattle and has taught ASL at the community college level for years.

Please note that attendance will be limited to 12 participants.

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

Dr. Louise Aronson Talks Changes and the Brain as We Age

Tuesday, March 23, 2-3:30PM

Register for virtual program. Co-sponsored with Shanti Project.

Dr. Louise Aronson, leading geriatrician, professor of medicine at UCSF, and author of the Pulitzer Prize Finalist *Elderhood*, is bringing her expertise to the Openhouse community through a series of talks!



This month's topic: The brain changes as we age, and most people have lots of questions like: what is "normal" at my age? Is there anything I can do to make my brain function better? Is it possible that the pandemic has made me impaired, and will I get better? I'm forgetting things and I'm worried about getting dementia, what can I do about it? In this session we will tackle these and other questions you have about brain aging, cognitive impairment, and dementia. Come arm yourself with reassuring and helpful information!

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

Have some fun!

Cooking Matters: flavorful healthy cooking comes to Openhouse

Thursdays, 11AM-12:30PM

Classes offered in 4-week sessions. Sign up for ONE of the following:

March 18 - April 8 (Only a few spots left in this session)

April 22 - May 13

May 27 - June 17



In partnership with 18 Reasons, a non-profit community cooking school, Openhouse welcomes you to join a series of virtual cooking classes from the comfort of your home, where the focus is on simple flavorful food with an added “healthy” touch.

Two days before each class, you will receive a recipe along with the necessary ingredients delivered to your home, all free of charge. Each session (dates listed above) consists of four classes. Once you have chosen a session, we ask that you agree to attend all four classes.

Please note that attendance will be limited to 15 participants and sign ups will not be carried over from the previous session automatically.

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

Art at Openhouse

In partnership with Art With Elders



Saturdays, 1-3:15PM

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, and 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

Register with Penn at (415) 535-2769 or pweldon@openhousesf.org

All Openhouse 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.

Mind and Body Wellness

Virtual Dance Aerobics with Donna Persona! Schedule Change!

Tuesdays, March 2 through April 6, 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 will 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.



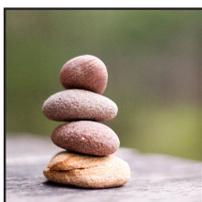
Photo by Marco Roso,
Dis Magazine

Virtual Meditation

Thursdays, 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 visit to Muttville!

Wednesday, March 17
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.



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</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>2</p> <p>Dance Aerobics, 1 – 1:30PM RSVP req'd: X322</p> <p>Zoom Help Hour 2 – 3:30PM, Reg req'd: X322</p> <p>Gay Gray Writers, 4 – 6PM, Group Now Open, Reg req'd:</p>	<p>3</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 & Belonging, 1 – 2:30PM RSVP req'd: X322</p> <p>Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305</p>	<p>4</p> <p>Food Matters, 11AM – 12:30PM, Session Full. Reg req'd: X305</p> <p>Drop-In Meditation, 11 – 11:45AM Reg req'd: X322</p> <p>Openhouse/On Lok PACE Workshop 3:30 – 5PM, Reg req'd: (415) 535-0927</p>	<p>5</p> <p>Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg 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> <p>Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765</p>
7	<p>8 International Women's Day</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,</p>	<p>9</p> <p>Dance Aerobics, 1 – 1:30PM RSVP req'd: X322</p>	<p>10</p> <p>"In the Life": Supporting LGBTQ POC, 11AM – 12:30PM RSVP req'd: X322</p> <p>Self Compassion & Belonging, 1 – 2:30PM RSVP req'd: X322</p> <p>Intermediate Spanish, 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 Workshop, 2 – 3:30PM RSVP req'd: X310</p>	<p>12</p> <p>Tai Chi, 11AM – 12PM 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> <p>Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765</p>
14	<p>15</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>16</p> <p>Dance Aerobics, 1 – 1:30PM RSVP req'd: X322</p> <p>Zoom Help Hour 2 – 3:30PM, Reg req'd: X322</p> <p>Gay Gray Writers, 4 – 6PM, Group Now Open, Reg req'd: X322</p>	<p>17 "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 & Belonging, 1 – 2:30PM RSVP req'd: X322</p> <p>Virtual Visit to Muttville, 2:30 – 3:30PM RSVP req'd: X315</p> <p>Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305</p>	<p>18</p> <p>Food Matters, 11AM – 12:30PM, Reg req'd: X305</p> <p>Drop-In Meditation, 11 – 11:45AM Reg req'd: X322</p> <p>Openhouse/On Lok PACE Workshop 3:30 – 5PM, Reg req'd: (415) 535-0927</p>	<p>19</p> <p>Tai Chi, 11AM – 12PM Reg req'd: X322</p> <p>Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg 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> <p>Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765</p>
21	<p>22</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>23</p> <p>Dance Aerobics, 1 – 1:30PM RSVP req'd: X322</p> <p>Health Talk with Dr Louise Aronson, 2 – 3:30PM, Reg req'd: X315</p> <p>Housing Workshop 2 – 3:30PM, RSVP req'd: X310</p>	<p>24</p> <p>"In the Life": Supporting LGBTQ POC, 11AM – 12:30PM RSVP req'd: X322</p> <p>Self Compassion & Belonging, 1 – 2:30PM 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>25</p> <p>Food Matters, 11AM – 12:30PM, Reg req'd: X305</p> <p>Drop-In Meditation, 11 – 11:45AM Reg req'd: X322</p>	<p>26</p> <p>Tai Chi, 11AM – 12PM 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> <p>Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765</p>
28	<p>29</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>30</p> <p>Dance Aerobics, 1 – 1:30PM RSVP req'd: X322</p> <p>Zoom Help Hour 2 – 3:30PM, Reg req'd: X322</p> <p>Gay Gray Writers, 4 – 6PM, Group Now Open, Reg req'd: X322</p>	<p>31 Trans Day of Visibility</p> <p>"In the Life": Supporting LGBTQ POC, 11AM – 12:30PM RSVP req'd: X322</p> <p>Self Compassion & Belonging, 1 – 2:30PM RSVP req'd: X322</p> <p>Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305</p>	<p>April 1</p> <p>Food Matters, 11AM – 12:30PM, Reg req'd: X305</p> <p>Drop-In Meditation, 11 – 11:45AM Reg req'd: X322</p>	<p>2</p> <p>Tai Chi, 11AM – 12PM Reg req'd: X322</p> <p>Living with Loss: Drop-in Grief Support 1 – 2:30PM, Reg 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> <p>Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765</p>

Virtual Program Highlights

In the Life: Supporting LGBTQ POC

Wednesdays, 11AM-12:30PM

Join us for a support group for LGBTQ Elders of color. Prejudice, bias, and bureaucracy makes navigating government systems, health care, and life in general challenging for LGBTQ people of color, especially as elders and during a pandemic. This group is a space where it is safe to be your authentic self as we explore our experiences, share our stories, and connect with each other.

Myles Dixon, who is gay-identified and African American has been facilitating this group for almost two years. He has a Masters in Health Service, Administration, and Community Health Planning and has both personal and professional experience working with elders and LGBTQ folks. Myles and the group welcome new members--the doors are always open.

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



Self-Compassion and Belonging

Wednesdays, 1-2:30PM

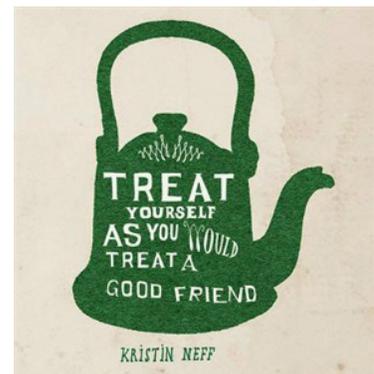
How do we create belonging while we are physically isolated? Physical isolation, due to COVID-19 or not, can be stressful and can erode our optimism, energy, and enjoyment of life. The good news is resiliency (the ability to renew ourselves during and after challenging times) is a skill that can be learned and practiced.

Join new and old friends in a supportive space to share your experiences of isolation and belonging. We'll discuss what keeps you going and restores a sense of meaning and purpose, and learn some new tools for creating resiliency. Facilitator, Molly Reno, a somatic life coach and Emotional Brain Training Provider, has been leading Self Compassion support groups at Openhouse since 2012.

This is a virtual drop-in group.

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

Register to Faire at faire@openhouse-sf.org, (415) 699-2244



Looking for support?



Clearing House: Drop-In Clutter Support Group

Wednesdays, March 3 and 17, 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, March 24, 6-7:30PM

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



Living with Loss: Virtual Drop-In Grief Support Group

Fridays, March 5 and 19, 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.

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

(cont. front page)

What do you enjoy about tai chi?

It's not just a movement, its a meditation in motion. Its so calming. When you're doing it, you *feel* the entire process. You're not thinking about how you have to pay rent or that electrical bill that is due. You're concentrated on your body. It has the power to calm you when you're stressed or re-energize you when you're feeling lazy.

I was a building manager right before I retired. That was a very nerve wracking, 24/7 kind of job. Sometimes I would get so uptight! I would stop, do part of a tai chi form, and I'd be back to being calm. That's the beauty of it - the quietness. There is no disturbance. During class, we're all quietly doing the same thing at the same time and feeling good.

Virtual Tai Chi for Balance and Arthritis

Fridays March 12, 19, and 26
11AM-12PM

Learn this simplified form of Tai Chi specifically designed for older adults with Openhouse instructor, Patty Woods. This 8-week course is aimed at alleviating arthritic joint stiffness and improving balance. The course will take place on Zoom and is open to all levels of Tai Chi experience.

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



Spring is in the air! We asked you to tell us about a **new beginning** you experienced. Here's what you told us:

At 70, I've never felt better, because I'm in training for a new knee (soon). Walking almost an hour every other day, some times daily, I saunter through an exercise regimen along Aquatic Park Beach and Municipal Pier, climb up around the Fort Mason Meadow, then cruise through the Marina to shop along Geary. And I'm diligent about masks, physically distancing and seeking ventilation through it all.
- S. Shessa

"One Beginning Taken, Another Refused"
January 1, 1969, I was on board a plane that flew from Atlanta to San Francisco. Once in SF, at a stop light, in the taxi taking me to where I was to stay, my attention was drawn to an extremely handsome man crossing the street. He was looking at me and smiling, motioning for me to get out of the cab. I was interested and flattered but frightened, so I slid down in the seat, hoping to avoid his overt attention. The light changed, and so the cab moved on, I looked back and he was waving "Bye!" - K

My new beginning is learning how to live without my son in the physical world. He died at the end of 2020, age 35. Parents should not outlive their children and young adults should get to live their grownup dreams. My many memories of him are sweet, funny, happy, and sad, but there will never be new ones. I have to grieve and carry his love for the world forward so he is not forgotten. Rest in peace, Cody.
- Betsy B.

More stories await in next month's issue...



Newsletter Readership Survey

Thank you for your feedback as we strive to make this newsletter more accessible and engaging!

Cut this page out and mail back to:

Openhouse, Bob Ross LGBT Senior Center
Attn: Ray
65 Laguna Street, San Francisco, CA 94102

Demographic Information

What is your gender?

Do you identify as transgender or gender non-conforming?

- Yes No

Do you identify as (check one)?

- Lesbian
- Gay
- Bisexual
- Queer
- Heterosexual / Straight
- Questioning/Unsure
- Other

What is your racial/ethnic background?

- American Indian or Alaskan Native
- Asian, Pacific Islander
- African American
- Hispanic / Latino(a)(x)
- White / Caucasian
- Multiracial
- Other

Want to contribute your writing, poetry, or art to the newsletter? If so, provide a brief description of your work and your contact information.

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1. How do you access the newsletter?

- Mailed hardcopy
- Email
- Openhouse Website

2. In the last year, how many issues have you read or looked through?

- 0 to 3 issues
- 4 to 7 issues
- 8 to 11 issues
- Every issue

3. Do any of the following make the newsletter more difficult to read? (Check all that apply)

- Text size
- Color of paper (yellow)
- Format / Layout
- Order of sections

4. Which sections interest you the most?

- New programs
- Announcements
- Calendar
- Community submitted writing

5. Why do you read the newsletter?

- To get the dates for groups I currently attend
- To learn about new programs
- To stay updated on Openhouse stories
- Other

6. Which topics would you like us to cover more?

- Events – info about virtual events hosted outside of Openhouse
- Interviews with Openhouse community members and staff
- Writing submitted by community members
- Informational resources from experts
- Games – crosswords, sudoku, word search
- Other

housing, services, and community for LGBT seniors

openhoused

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San Francisco, CA 94102
(415) 296-8995

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MARCH 2021

Lenn Keller: Keeper of Lesbian Legacies

Lenn Keller, founder of the Bay Area Lesbian Archives (BALA), died at home in Oakland December 16, 2020 of cancer. She was 69. Ms. Keller described herself as “a proud butch lesbian.” Throughout the 1970s and 1980s, she played a leading role in the Bay Area’s thriving community of Black lesbian activists. In more recent years, she devoted herself to preserving the often-overlooked stories of these women.



Photo: Brittany Hosea-Small

Ms. Keller started Bay Area Lesbians Archive in 2014. Her collection of lesbian archival material includes posters, fliers, and other memorabilia. It is modeled after the Lesbian Herstory Archives and the June L. Mazer Archives, and is billed as “the largest major archive on the West Coast dedicated to preserving and promoting lesbian and feminist history and culture.”

As she noted on the project’s website, “Currently, little representation of lesbians exists in local archives. Some are almost out of space, creating a critical and immediate need for a local facility to preserve and process the activist, cultural, and community history of lesbians from the last sixty years, and into the future.”

To make a donation in Ms. Keller’s honor, become a sustainer, or to help BALA achieve the dream of a building for the archives, go to www.bayarealesbianarchives.org

The obituary is paraphrased from the Bay Area Reporter. Check them out at www.ebar.com