



**JUNE 2021**

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### Out Loud and Proud Variety Show

Friday June 11, 2PM

Our community members will regale you with dancing, singing, storytelling, and more! From milkmen to experimental music, from sequins to carousels, our performers share their vision and brilliance. See below for how to watch the show.

### Trans March Intergenerational Showcase

Friday June 25, time TBA



Trans and gender non-conforming performers of all ages bring the house down with fabulosity and heart. From drag to clarinet, from emcee'ing to choir directing, our performers reflect on our moment and enliven your day! This event will air as part of Trans March virtual programming. See below for how to watch the show.

These virtual events will stream on the Openhouse website at [www.openhousesf.org/specialevent](http://www.openhousesf.org/specialevent)

Want to take it to the next level and chat with other viewers? Take five minutes to sign up for a Twitch account here: [bit.ly/3oyLwrM](http://bit.ly/3oyLwrM)

For instructions on how to create a Twitch account go here: [bit.ly/3wmHHc2](http://bit.ly/3wmHHc2)

Need more help signing up for Twitch? Consider attending our Tech Support Hour where we'll cover all things Twitch (see pg 4). Or contact Faire at [faire@openhousesf.org](mailto:faire@openhousesf.org), (415) 699-2244

## COVID Safety Announcements

### Updates & Alerts for Openhouse

In preparation for the day when we can all safely gather at Openhouse, we are presenting this COVID safety series. Currently, all programs remain virtual, and our physical offices are closed. However, we continue to be just a phone call away if you need anything. (415) 296-8995

San Francisco Department of Public Health (SFDPH) released guidelines for Non-Residential Congregation Settings on April 15 and we are in the process of putting those measures in place. We hope to open for limited 1:1 (individual) services over the summer, with more services available on site by the fall.



We will use this and other communications to keep you updated on our plans to re-open.

### COVID Vaccinations

We strongly recommend that individuals get vaccinated and/or share their status (whether vaccinated or not), and to also follow the guidelines that best meet their situation and needs.

As always, Openhouse continues to value harm reduction principles and we understand that the harm of loneliness and isolation has been quite devastating to our community members. And while guidelines continue to change very rapidly, we are approaching re-opening very cautiously. We also believe in science and the data tells us that older people who remain unvaccinated are at the greatest risk of severe illness and death as a result of a COVID infection. The data also show the overwhelming efficacy and safety of vaccinations. Almost 30% of seniors in San Francisco remain unvaccinated.

For information or assistance in getting vaccinated, contact Openhouse Care Navigator Joe Supan at [jsupan@openhousesf.org](mailto:jsupan@openhousesf.org).

## Community Housing Opportunity

Are you looking for affordable housing in SF? Already a primary tenant and trying to fill a room? Trying to find shared-living communities with other LGBTQ older adults?

**Connect with us! Here's how it works:**

1. Contact Openhouse explaining that you are looking to rent a room or fill a room
2. Openhouse connects individuals and housing opportunities based on eligibility and compatibility.
3. Openhouse then facilitates pairing and potential interviews between all parties.

Community members should be over the age of 50 years old and a part of the Openhouse/LGBTQI+ community. Please note that this service maintains the privacy of all community members – if you are interested in a specific home, contact us to learn more!

Contact Sage at [shapke@openhousesf.org](mailto:shapke@openhousesf.org) or (628) 208-0155 for more info.

# New Programs

## **LGBTQ Seniors with Chronic Physical Disabilities Support Group**

**Tuesday, June 15, 12:30-2PM**

People with chronic physical disabilities often feel left out and alone even when in a group. We'll discuss how it feels to be disabled and how to manage those feelings in a healthy and self-compassionate way. We'll also explore how the shift from the moral model of disability (judged and less than) to the minority model (equal and enabled) impacts us and society's view of people with disabilities.

Facilitator Max Lane is a gay-identified man who has been disabled by polio for 69 years. Max is a disability rights and independent living advocate and has served four years as president of the board of directors of Independent Living Resource Center of San Francisco (ILRCFSF)

A conversation with the facilitator will be set up prior to joining.

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

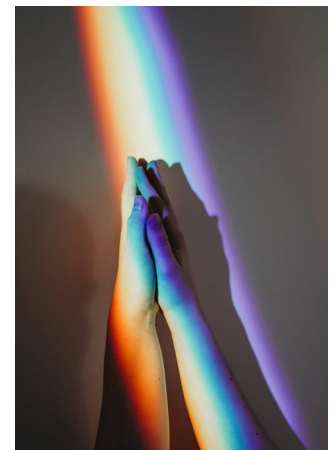
## **Self-Compassion and Belonging**

**Tuesdays starting June 29, 1-2:30PM**

Join new and old friends as we explore questions such as: How do we offer ourselves compassion as we age and witness a decline in our own physical and mental capacities and the capacities of loved ones? How do we offer ourselves compassion as we are confronted with mounting evidence of our own mortality? How can we create spaces of belonging with others while practicing physical isolation? We'll discuss what keeps you going, what gives you a sense of meaning and purpose and learn some new tools for relieving stress and creating resiliency.

This group will be facilitated by Molly Reno, a somatic life coach and Stronghold facilitator who has been leading Self Care and Self Compassion support groups at Openhouse since 2012.

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



# Resources

## Virtual Affordable Rental Housing Workshop June 10 and 25, 2-3:30PM

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.

To register, contact Sage at [shapke@openhousesf.org](mailto:shapke@openhousesf.org) or (628) 208-0155



## Tech Support Hour

Tuesday June 8, 2-3PM

This month's theme:  
Twitch Streaming

Openhouse is now offering a Tech Help Hour each month. This month we will be covering the topic of TWITCH. Twitch is a live-streaming platform that Openhouse will be using to stream our Out Loud and Proud Variety Show! If you'd like to be involved with the chat room for the variety show and you don't already use Twitch, this is the class for you.

For future classes, write or call Faire to request tech topics or specific questions that you would like to have covered.

To register, contact Faire, [faire@openhousesf.org](mailto:faire@openhousesf.org) or (415) 699-2244



## Food Support? Grocery Shopping? Other Errands? We Can Help!!

As we transition out of the pandemic, our caring, compassionate volunteers are standing by to help you get what you need:

- Weekly Home Delivered Grocery program for those who cook
- Guidance to other food assistance programs in San Francisco
- Help buying groceries, pet food, medications, and other supplies

If you or someone you know could benefit from these services, contact Kevin at [koneal@openhousesf.org](mailto:koneal@openhousesf.org) or (628) 263-3262



# Mind and Body Wellness

## Dr. Aronson Talks Advanced Directives and End of Life Planning

Tuesday, June 22, 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*, brings her expertise to the Openhouse community through a series of talks!



It's hard to get excited about planning for illness, disability or death. But those who plan can get more of what they want and less of what they don't. Advance directives help optimize the hard parts of aging. There are many types of advance directives and it's important to know which ones you need based on your finances, social network, whether you are a solo ager, have a partner or close family. Join us for an interactive session where you may just learn some interesting things about yourself and take steps to remain in control as you age!

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

## Living with Recent Loss in COVID-19 Workshop



Friday July 30, 1-3PM

Join Openhouse and facilitators, Dale Poland and Rabbi Jane Litman for a 2-hour workshop on coping with recent loss. This space will be an opportunity to learn more about grief and loss and a time to share, ask questions, and receive support around your loss. More details to follow in the July newsletter.

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

Questions? Contact Ariel at (415) 503-4180 or [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)

## Virtual Meditation

Every Thursday, 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](mailto:faire@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.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Places Please! LGBTQ+ Plays & Playwrights 12 – 1:30PM, Reg req'd: X305	2 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM RSVP req'd: X322 Clearing House: Cluttering Support, 12:30 – 2PM RSVP req'd: X315 Yoga with Jared, 2 – 3PM, RSVP req'd: X322 Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305	3 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322 Food Matters, 11AM – 12:30PM, Session Full. Reg req'd: X305 American Sign Language, 12 – 1:30PM Reg req'd: X305	4 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req'd: X322 Yiddish, 3 – 4:30PM Reg req'd: X305	5 QEWW Reading Event, 1 – 3PM Open to the public, RSVP req'd: X322  Art for Elders 1 – 3PM
6	7 Men's Drop-In Support Group, 2 – 3:30PM RSVP req'd: X322 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 654-2561 for info	8 Tech Help Hour, 2 – 3PM, Attend this month's session to sign up for Twitch and learn how to use it. RSVP req'd: X322 Gay Gray Writers, 4 – 6PM Group Now Open Reg req'd: X322 Fifty + Fabulous, 5 – 6:30PM, (415) 535-0927 for info	9 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322 Yoga with Jared, 2 – 3PM, RSVP req'd: X322 Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305	10 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322 Food Matters, 11AM – 12:30PM, Session Full. Reg req'd: X305 American Sign Language, 12 – 1:30PM Reg req'd: X305 Housing Workshop, 2 – 3:30PM	11 <b>Out Loud &amp; Proud Variety Show</b> , 2PM To watch, go to: <a href="http://openhousesf.org/special-event">openhousesf.org/spe- cial-event</a> Yiddish, 3 – 4:30PM Reg req'd: X305	12 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group  Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765
13	14 Men's Drop-In Support Group, 2 – 3:30PM RSVP req'd: X322 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 654-2561 for info	15 LGBTQ Seniors with Chronic Physical Disabilities Support Group 12:30 – 2PM, Reg req'd: X322	16 "In the Life": Supporting LGBTQ POC, 11AM – 12:30PM RSVP req'd: X322 Clearing House: Cluttering Support, 12:30 – 2PM RSVP req'd: X315 Yoga with Jared, 2 – 3PM, RSVP req'd: X322 Virtual Visit to Muttville, 2:30 – 3:30PM RSVP req'd: X315 Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305	17 Food Matters, 11AM – 12:30PM, Session Full. Reg req'd: X305 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322 American Sign Language, 12 – 1:30PM Reg req'd: X305 Openhouse/On Lok PACE Workshop, 3:30 – 5PM Reg req'd: (415) 535-0927	18 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req'd: X322 Yiddish, 3 – 4:30PM Reg req'd: X305	19 Juneteenth  Queer Elder Writing Workshop 12:30 – 2:30PM Closed group  Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765
20	21 Men's Drop-In Support Group, 2 – 3:30PM RSVP req'd: X322 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 654-2561 for info	22 Health Talk with Dr Louise Aronson, 2 – 3:30PM, Reg req'd: X315 Housing Workshop, 2 – 3:30PM, RSVP req'd: X310 Gay Gray Writers, 4 – 6PM, Group Now Open, Reg req'd: X322 Fifty + Fabulous, 5 – 6:30PM, (415) 535-0927 for info	23 "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	24 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322	25 <b>2021 Trans March Intergenerational Showcase</b> , time TBA  Yiddish, 3 – 4:30PM Reg req'd: X305	26 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group
27 HAPPY PRIDE!	28 Stonewall Riots Anniversary  Openhouse Offices Closed	29 Self-Compassion and Belonging 1 – 2:30PM, Reg req'd: X322	30 "In the Life": Supporting LGBTQ POC, 11AM – 12:30PM RSVP req'd: X322 Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305	July 1  Drop-In Meditation, 11 – 11:45AM Reg req'd: X322	2 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req'd: X322	3 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group  Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765

# Looking for support?

## **In the Life: Supporting LGBTQ POC**

Every Wednesday, 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](mailto:faire@openhousesf.org)

## **LGBTQ Caregivers of Those with Dementia Support Group**

Wednesday, June 23, 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](mailto:ariel@openhouse-sf.org) or (415) 503-4180

## **Living with Loss: Virtual Drop-In Grief Support Group**

Fridays, June 4 and 18, 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](mailto:faire@openhousesf.org) or (415) 699-2244.



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

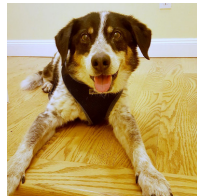
# Virtual Programs

## Virtual Visit to Muttville!

Wednesday, June 16  
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.



## Clearing House: Drop-In Clutter Support Group



Wednesdays, June 2 and 16  
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 (415) 503-4180  
or ariel@openhouse-sf.org

## Trans Resilience Support

Every Monday, 5:30-7PM

Join other transgender and gender non-conforming seniors as they come together to support each other through their individual walks in the trans experience.

Co-presented by TGI Justice Project.  
Hosted by Ms. Billie Cooper

To register, contact L’Oreale at  
(415) 654-2561 or  
loearle@openhousesf.org



## Art at Openhouse In partnership with Art With Elders



Saturdays, June 5, 12, and 19  
1-3:15PM

(No class on June 26 due to Pride)

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



# Pride Events



## Queer Visions

Exhibit at the Haight Street Art Center

Opening June 18  
Free of Charge!

Queer Visions is a multi-part exhibition that explores many aspects of the LGBTQ+ experience in San Francisco, particularly looking at the creation of intentional queer communities and genealogies of queer ancestors. The exhibition is anchored by the Stud Archive Pinback Collection, which will be displayed alongside posters by Todd Trexler, art celebrating the Acid Drag scene of the 1970s, work by Katie Gilmartin, materials from Eye Zen, prints from the Queer Ancestors Project, and photos from Lauren Tabak's Gayface.

Artwork by Openhouse community members will also be displayed in the Garden Gallery.

To for details on how to see the exhibit in-person or online, go to [haightstreetart.org](http://haightstreetart.org) or call Ray at (415) 259-4140

## 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](mailto:pweldon@openhousesf.org)



# Openhouse Mourns the Passing of an Icon

by Charles Renfroe

Long-time Openhouse Community Member Felicia Elizondo, also known as Felicia Flames, a renowned drag performer since the 1960s and early defender of transgender rights, passed away Saturday, May 15, at the Veterans Administration hospice in San Francisco, following an extended illness. She was 74.

A Vietnam veteran, Felicia was one of the brightest stars in the drag and transgender community of San Francisco, performing up until the time of her illness. Formerly a member of the Tenderloin Queen's Revue and regular at Aunt Charlie's Lounge on Turk Street, she more recently enjoyed bringing her performances to senior centers during Pride month, demonstrating that age is just a number and fierceness never goes out of style. She also did countless benefit performances, raising funds for transgender, HIV and LGBTQ+ causes.

A longtime activist for LGBTQ+ rights, she was a founding force in renaming the 100 block of Taylor Street Compton's Cafeteria Way, the site of a pre-Stonwall riot with police over brutality against drag queens and transgender women.

Felicia was featured in the 2005 documentary *Screaming Queens: The Riot at Compton's Cafeteria*, and her story is being told in the current FX series, *Pride*.

A long-term survivor of HIV, Felicia worked with P.A.W.S., the Shanti Project, and San Francisco AIDS Foundation to improve the quality of life for all people with serious



illnesses. She also served on the steering committee of Openhouse's Living Tribute to HIV Long-term Survivors, the centerpiece of our new community center. An Openhouse champion from the beginning, Felicia was instrumental in rallying support of the transgender community for the building of San Francisco's first -LGBT-welcoming affordable housing for seniors at 55 Laguna Street.

"I'm a diva, I'm a bitch, I'm an icon, I'm a legend, and I'm your history," long-time friend and fellow performer Luis Gutierrez-Mock remembers her saying.

"We have lost an icon, one of the brightest lights and legends in LGBTQ history, and feel diminished by her passing," said Executive Director Karyn Skultety. "Our hearts are with her family and friends, as we share their sorrow and the community's love for the eternal flame that is Felicia."

Bob Ross LGBTQ Senior Center  
65 Laguna St.  
San Francisco, CA 94102  
(415) 296-8995  
[www.openhousesf.org](http://www.openhousesf.org)

**JUNE 2021**

**Happy Pride Month!**  
Join us in celebrating Pride from the comfort of our homes



Above: Performers filming their numbers for the upcoming Out Loud and Proud Variety Show. See the front page for details on how to watch the show! Photo credit: Penn Weldon