

Join us for Conversations with Kathleen, our Executive Director!

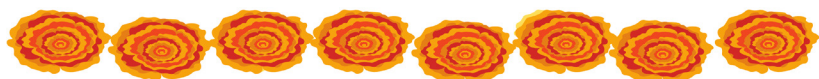
Mondays, November 15, December 20, January 17
3:30PM to 5:15 PM

Meet and get to know our new Executive Director, Kathleen Sullivan, in a limited monthly series. You'll get a chance to learn what inspires her to tirelessly advocate and focus on the needs of aging LGBTQ adults and get answers to other questions you'd like to ask!



We especially encourage folks to let us know when you RSVP if there are topics of discussion that you would like us to include in the three-month series. To RSVP: rsvp@openhousesf.org or (415) 231-5871

This program will be a hybrid event, which means you can attend in person or on Zoom. There is a limited number of spaces available to join in person. Let us know when you RSVP how you'd like to join this event.



"On Día de Los Muertos"

by community member Luis de la Garza

El día de los muertos/The Day of the Dead is an opportunity to remember those that have passed away this past year. It derives from my Mexican tradition that fuses Aztec religious thought and practice with Roman Catholic beliefs. Every year on November 2, I set up a home altar with photographs, marigolds, incense, foodstuffs, sugar skulls, and personal items of the deceased. It is a somber yet joyful affair where I deliberately take time to remember the dearly deceased with this memento mori. This year I honor the memory of Felicia "Flames" Elizondo, Openhouse community member and transgender activist; Gregg Barrios, gay Chicano playwright and journalist; and J.L. "Julio" Dorantes, an orphaned street angel who graced my life for many years. As a personal ritual, I also take the time to write poetry dedicated to some of the souls that have crossed paths with me and that are no longer here.

"For Julio" poem on pg 10

housing, services, and community for LGBT seniors

openhouse

NOVEMBER 2021

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11	What is a Land Acknowledgement?

We have a new RSVP phone line!

Last month we transitioned to using an RSVP line, and we *misprinted the number in our print newsletter* (the correct number was printed in the e-newsletter and online). We want to make sure you have the correct number for the RSVP Line. If you'd like to RSVP for a program, please call:

(415) 231 - 5871

We would like to say a HUGE "thank you" to Genese, who's number was printed in our newsletter last month and who has been fielding phone calls while we worked to correct our mistake!

Coming Up this Month

Dr. Aronson Talks Aging and the Brain: Part Two

New Time! Monday, November 8, 12 - 1:30PM



Our brains change as we age, both for better and for worse. With more advanced age, decline is common, even for people who don't have dementia. Still, cognitive impairment is highly variable and there are many things a person can do to improve their brain function.

In Part 2, we will focus on common concerns and what you can do if you experience worrisome brain changes. No need to have attended Part 1 to join!

Dr. Louise Aronson is a leading geriatrician, professor of medicine at UCSF, and author of the Pulitzer Prize Finalist *Elderhood*.

Register to rsvp@openhousesf.org or (415) 231-5871.

Join us for a night of Intergenerational Conversation on "Queering Education"

Friday, November 19, 5:30 – 7PM, via Zoom

This will be an evening of engaging exchange between Openhouse community and students from the University of San Francisco. We will prove a range of topics that will focus on the many ways the LGBTQ Community has been disrupting ideas of who is an expert and how we learn over the decades.

To RSVP, contact rsvp@openhousesf.org or (415) 231-5871.

For more information, contact Ariel at ariel@openhouse-sf.org



Above: USF students march in the 2018 SF Pride Parade.

Lick-Wilmerding High School Holiday Choral Performance

Sunday, November 21, 2 - 3:30PM

Join us for an afternoon of music by the very talented students of Lick-Wilmerding High School! The students have worked hard to put on a wonderful performance and hope to bring some joy to the Openhouse community during the holiday season. Community members can choose to view the pre-recorded Fall concert in person at the Openhouse Community Center located at 75 Laguna or watch from the comfort of home. If coming to the center to watch in person, we will ask folks to remain masked and socially distanced in the community space.

To RSVP, contact rsvp@openhousesf.org or (415) 231-5871. There is a limited number of spaces available to join in person. Let us know when you RSVP how you'd like to join this ² program.

Resources and Information

Housing and ADRC Drop-In Hours

Wednesdays 1-4PM and Thursdays 9AM-12PM

Openhouse's Housing and Resource Navigation Program has in-person drop-in hours to help with your questions about housing and resources, like filling out applications, using DAHLIA, resolving technology challenges, and more.

You're not required to bring any documents with you, but the following can be helpful:

- photo ID
- proof of income (i.e. Social Security/SSI benefits letter, pension statement, or recent paystub)
- proof of SF or other residency (i.e. utility bill, internet bill, or copy of lease)
- any relevant housing documents (i.e. eviction notice or letter from landlord)

A face mask is required for entry.

Not sure what to bring with you? Call Aisling at (628) 219-6519.



Join us in December for a special presentation: Findings from the Black LGBT Community Survey

Please join us in welcoming the Center for Black Equity (via Zoom) for a presentation on the findings from their latest, "Black LGBT Community Survey 2020/2021."

This important work helps to center Black LGBT voices in a community dialogue based on the lived experience.

Look out for more details in the December newsletter!

Need Help with Food Support, Grocery Shopping, or Other Errands?

As we continue to 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 or (628) 263-3262

Get Connected!

Sister Circle: a social discussion group

Tuesday, November 23, 12 - 1:30PM

ON ZOOM (Meeting ID: 893 3700 8422)

Many of us are still living in isolation or in a distanced way. Let's get together to grow friendships and make new connections. We warmly open our digital doors for women of all expressions the 4th Tuesday of every month.

To receive a reminder email RSVP is required, but feel free to drop in using the Meeting ID: **893 3700 8422**

RSVP to rsvp@openhousesf.org or (415) 231-5871.

For more info, contact Dottie at dluxenburg@gmail.com or (415) 231-5888



Above: Writers Audre Lorde, Meridele Le Sueur, and Adrienne Rich at a workshop in Austin, Texas in 1980

Rainbow Cafe

Wednesday, November 10

12:30PM - 1:30PM, via Zoom

Brew yourself a coffee, grab a sparkling water and a tasty snack, and come to the RAINBOW CAFE via Zoom!



We'll be doing a variety of get to know you activities and breaking out into groups to talk about different light-hearted topics. We look forward to seeing you on Zoom for a virtual good time.

Register to rsvp@openhousesf.org or (415) 231-5871.

Join our Friendly Visitor Program

Opportunities to connect in person may have changed for now, but social interactions 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. Let's get connected.

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

Stay connected Over the Holiday Season

Let us know if you would like to be matched up with a volunteer to stay connected throughout the holiday season and beyond. During these challenging times, many of us may not be able to go out or do the things we used to be able to during the holidays. Staying socially connected helps us all. Volunteers are eager to connect with you! A chance to connect, share stories, share laughter, and spread some joy can help us get through the holidays together!

For info, contact Penn at pweldon@openhousesf.org or (415) 535-2769

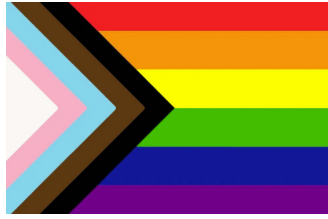
All Openhouse programs are held virtually via Zoom, which can be accessed via telephone or computer. For more info on how to virtually connect, call (415) 296-8995.

Wellness Programs

In the Life: Supporting LGBTQ POC

Wednesdays, 11AM-12:30PM
via Zoom

Join us for a support group for LGBTQ Elders of color.



This group is a space where it is safe to be your authentic self as we explore our experiences, share stories, and connect with each other.

Facilitator Myles Dixon is gay-identified and African American. He has a Master's in Health Service, Administration, and Community Health Planning and has both personal and professional experience working with elders and LGBTQ folks.

Register to rsvp@openhousesf.org or (415) 231-5871.

Join us for a new session!

Self-Compassion and Belonging Drop-In Group

Tuesdays, beginning November 23
1PM - 2:30PM, via Zoom

How do we create a sense of belonging and community when gathering in person still seems too risky? How do we offer ourselves compassion as we experience challenging feelings such as anger, anxiety, vulnerability, and difficulty forgiving?

Join a supportive space where 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 8-week group will meet every Tuesday except the 3rd Tuesday of the month.

Faciliator, Molly Reno, is a somatic life coach and Stronghold facilitator who has been leading Self-Care and Self-Compassion support groups at Openhouse since 2012.

Register to rsvp@openhousesf.org or (415) 231-5871.

November 20th is Transgender Day of Remembrance

Description and photo from GLAAD Website (<https://www.glaad.org/tdor>)

Transgender Day of Remembrance (TDOR) is an annual observance that honors the memory of the transgender people whose lives were lost in acts of anti-transgender violence.



"Transgender Day of Remembrance seeks to highlight the losses we face due to anti-transgender bigotry and violence. I am no stranger to the need to fight for our rights, and the right to simply exist is first and foremost. With so many seeking to erase transgender people -- sometimes in the most brutal ways possible -- it is vitally important that those we lose are remembered, and that we continue to fight for justice."

- Transgender Day of Remembrance founder Gwendolyn Ann Smith

Have Fun and Get Creative!

Sharpen your knives, prep your taste buds, and get cooking!

Cooking Matters

Thursdays, starting December 2
11AM-12:30PM, via Zoom

In partnership with 18 Reasons, a non-profit community cooking school, Openhouse welcomes you to learn or sharpen your cooking skills and enjoy a shared meal from the comfort of your home. In each class you'll learn a new recipe that centers simple, flavorful, budget-friendly food for the holiday season! Two days before each class you will receive a recipe along with the necessary ingredients delivered to your home.



Interested? Contact Kevin at koneal@openhousesf.org or (628) 263-3262

Art at Openhouse

In partnership with Art With Elders
Saturdays, 2:30PM - 4:30PM

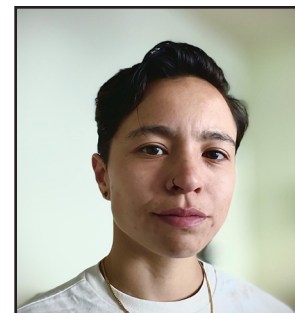
Explore new ideas and build positive relationships with your peers. These are not craft activities, but instead focus on skill-building — ranging from color and composition to perspective and background. This class will explore a variety of mediums and is open to all skill levels. Supplies are provided.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



Volunteer Appreciation Corner: Charlotte Mao

There are so many reasons to appreciate Charlotte Mao! Easily seen as the chatty, goofy, creative one around here, but most of all we appreciate her consistency, communication and kindness. Charlotte enjoys getting to know our community more and a big highlight was seeing Openhouse members perform for the Digital Pride Show this past year. In her words "everyone is so talented and passionate. I'm looking forward to participating in in-person events soon hopefully! I still haven't seen most people's faces without masks which is kind of funny :)" Charlotte is passionate about children's education and creativity; she is an illustrator working mostly on kids and families projects. Everyone benefits from knowing Charlotte!



Interested in volunteering?
Contact Dottie at dluxenburg@gmail.com or (415) 231-5888

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
			Housing & ADRC Drop-In Hours Every Wednesday 1 – 4PM, 75 Laguna	Housing & ADRC Drop-In Hours Every Thursday 9AM – 12PM, 75		
	1 Places Please Act 2, 11AM – 12:30PM, Closed group Men’s Drop-In Support Group 2 – 3:30PM, Reg req’d: X311 Intermediate Japanese, 3:30 – 5PM Reg req’d: X305 “Trans Resilience” TGNC Support Group 5:30 – 7PM, (415) 961-8378	2 Tech Help Office Hours 2:30PM – 5PM By appointment only: X322	3 “In the Life”: Supporting LGBTQ POC 11AM – 12:30PM, RSVP req’d: X311 Clearing House: Cluttering Support 12:30 – 2PM, RSVP req’d: X315 Intermediate Spanish, 3 – 4:30PM Reg req’d: X305	4 Healthy Aging Begins at Home 11AM – 2PM Reg req’d: (415) 535-0927 Drop-In Meditation, 11 – 11:45AM Reg req’d: X311 Long Term Survivors HIV/AIDS Sup- port Group, 12 – 1:30PM, Reg req’d: X311	5 Healthy Aging Begins at Home, 11AM – 2PM Reg req’d: (415) 535-0927 Yiddish, 3 – 4:30PM Reg req’d: X305	6 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req’d: X311 Art with Elders 2:30 – 4:30PM Reg req’d: X316
7	8 Intersex Day of Remembrance Dr. Aronson Talks Aging & the Brain 12 – 1:30PM, Reg req’d: X311 Men’s Drop-In Support Group 2 – 3:30PM, Reg req’d: X311 Intermediate Japanese, 3:30 – 5PM Reg req’d: X305 “Trans Resilience” Support Group 5:30 – 7PM, (415) 961-8378 for info	9 Gay Gray Writers, 4 – 6PM, Closed Group Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 8604460227 (415) 292-3420 for more info	10 “In the Life”: Supporting LGBTQ POC 11AM – 12:30PM, RSVP req’d: X311 Rainbow Cafe via Zoom, 12:30 – 1:30PM RSVP req’d: X311 Intermediate Spanish, 3 – 4:30PM Reg req’d: X305	11 Veteran’s Day Openhouse Offices Closed	12 Walking Group 11AM – 12PM Reg req’d: (628) 263-3262 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req’d: X311	13 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req’d: X311 Art with Elders 2:30 – 4:30PM Reg req’d: X316
14	15 Men’s Drop-In Support Group 2 – 3:30PM, Reg req’d: X311 Intermediate Japanese, 3:30 – 5PM Reg req’d: X305 Conversations with Kathleen 3:30 – 5:15PM, RSVP: X311 “Trans Resilience” Support Group 5:30 – 7PM, (415) 961-8378 for info	16 LGBTQ Seniors with Chronic Physical Disabilities Support Group 1 – 2:30PM, Reg req’d: X311 Tech Help Office Hours 2:30PM – 5PM By appointment only: X322	17 “In the Life”: Supporting LGBTQ POC, 11AM – 12:30PM, RSVP req’d: X311 Virtual Visit to Muttville, 2:30 – 3:30PM RSVP req’d: X315 Intermediate Spanish, 3 – 4:30PM LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM Reg req’d: X315	18 Drop-In Meditation 11 – 11:45AM Reg req’d: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Reg req’d: X311 Reach Out, Come Out, Plug Back In 4 – 5:30PM, Closed Group	19 Yiddish, 3 – 4:30PM Reg req’d: X305 Queering Education 5:30 - 7PM Reg req’d: X311	20 Transgender Day of Remembrance Queer Elder Writing Workshop 12:30 – 2:30PM Reg req’d: X311 Art with Elders 2:30 – 4:30PM Reg req’d: X316
21 Lick- Wilmerding High School Choral Performance 2 – 3:30PM RSVP: X311	22 Men’s Drop-In Support Group 2 – 3:30PM, Reg req’d: X311 Intermediate Japanese, 3:30 – 5PM Reg req’d: X305 “Trans Resilience” TGNC Support Group 5:30 – 7PM, (415) 961-8378 for info	23 Sister Circle, 12 – 1:30PM RSVP for reminder: X311 Self Compassion & Belonging 1 – 2:30PM, Reg req’d: X311 Housing Workshop 2 – 3:30PM, RSVP req’d: X310 Gay Gray Writers, 4 – 6PM, Closed Group Trans, 50+ & Fabulous, 5 – 6:30PM (415) 292-3420 for more info	24 “In the Life”: Supporting LGBTQ POC 11AM – 12:30PM, RSVP req’d: X311 Intermediate Spanish, 3 – 4:30PM Reg req’d: X305	25 Openhouse Offices Closed	26 Openhouse Offices Closed	27 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req’d: X311 Art with Elders 2:30 – 4:30PM Reg req’d: X316
28 First night of Chanukah	29 Men’s Drop-In Support Group 2 – 3:30PM, Reg req’d: X311 Intermediate Japanese, 3:30 – 5PM Reg req’d: X305 “Trans Resilience” TGNC Support Group 5:30 – 7PM, (415) 961-8378 for info	30 Self Compassion & Belonging, 1 – 2:30PM Reg req’d: X311	November is Transgender Awareness Month and Native American History Month			

Get Some Support

Living with Loss: Drop-In Grief Support Group

Friday, November 12

Group cancelled November 26

1-2:30PM, via Zoom

There are a variety of losses that we experience, such as loss that relates to isolation and loneliness, losing those we love, or maybe even the loss of the life we had before the pandemic. Join Openhouse and VITAS Healthcare for a space where we can find community and support each other.



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

Register to rsvp@openhousesf.org or (415) 231-5871.

Trans Resilience Support Group

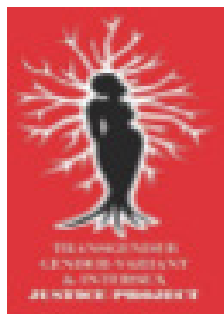
Mondays, 5:30-7PM, via Zoom

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

Co-presented by TGI Justice Project.

Hosted by Ms. Billie Cooper

To register, contact J at jjha@openhousesf.org or (415) 961-8378



LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, October 19, 1-2:30PM, via Zoom

People with chronic physical disabilities often feel left out even when in a group. Join us for a monthly group where we discuss how it feels to be disabled, managing those feelings in a healthy and self-compassionate way, and other topics.

Facilitator Max Lane is a gay-identified man who's been disabled by polio for 69 years. He is a disability rights and independent living advocate and has served as president of the board of directors of ILRCSF for 4 years.

Interested? Contact rsvp@openhousesf.org or (415) 231-5871

LGBTQ Caregivers of Those with Dementia Support Group

Wednesday, November 17

Group is on third Wednesday this month 6-7:30PM via Zoom

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 amellinger@openhousesf.org or (415) 503-4180

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 Visit to Muttville

Wednesday, November 17
2:30-3:30PM, via Zoom

Join us for a monthly virtual visit to Muttville where we meet some senior dogs and spend time relishing in each other's company and some pure doggie love!



RSVP: amellinger@openhousesf.org
or (415) 503-4180

Join the Openhouse Walking Group

2nd and 4th Fridays, 11AM - 12PM

Join us as we move together, talk, and explore the neighborhoods around Openhouse. Everyone is welcome.

Leading us is Freddie Kendrick. Freddie has been a certified nursing assistant for 30 years and is a volunteer Chaplain at Davies Medical Center.

RSVP with Kevin: koneal@openhousesf.org
or (628) 263-3262

Virtual Meditation

Thursdays, 11AM -11:45 AM, via Zoom



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. We invite you to give your mind a break and create more space.

Register to rsvp@openhousesf.org
or (415) 231-5871

(continued from front page)

For Julio, On the Day of the Dead

by Luis de la Garza

we the living
remember, dream, wonder,
and wander
as past lives flutter by

too many dead
too painful to dwell on
shutter the memory

dare
to open the decades-old mental cabinet
knowing I won't feel the gaze of that
seductive twinkle in your eyes
knowing I will never again receive your
whimsical attentions
knowing I will never hold you again
this inventory of absence
why do I do this to myself?

I abandon myself into a dejected state
like a child throwing a tantrum
wanting something it desires
for it to manifest
for it to be so
but you can't possibly come to me

then those visiting my home say
*not many personal photographs on your
walls Luis*

I do bring them out
once a year
for *el día de los muertos* (the Day of the
Dead)
it is when an edginess
an uneasiness
points me to create a *memento mori*
a home altar
I question this self-induced need
why a need to make a statement?
why produce a marker?
why such a reminder?
as my grief continues grieving

What is a Land Acknowledgement?

“Acknowledgment is a simple, powerful way of showing respect and a step toward correcting the stories and practices that erase Indigenous people’s history and culture and toward inviting and honoring the truth...Acknowledgment by itself is a small gesture...But this beginning can be an opening to greater public consciousness of Native sovereignty and cultural rights, a step toward equitable relationship and reconciliation. Naming is an exercise in power. Who gets the right to name or be named? Whose stories are honored in a name? Whose are erased? Acknowledgment of traditional land is a public statement of the name of the traditional Native inhabitants of a place. It honors their historic relationship with the land.”

From “Honor Native Land: A Guide and Call to Acknowledgment.” <https://www.ramaytush.org/land-acknowledgement.html>

We acknowledge that Openhouse is located on the unceded ancestral homeland of the Ramaytush Ohlone peoples. We recognize that, as the original stewards of this land, the Ramaytush Ohlone understood the interconnectedness of all things and maintained harmony with nature for millennia, and honor the Ramaytush Ohlone peoples for their enduring commitment to Mother Earth. We also recognize the hundreds of Indigenous Nations who continue to resist, live, and uphold their sacred relations across their lands. We benefit from living and working on their traditional homeland, and we affirm their sovereign rights as first peoples.

Learn more here:

<https://native-land.ca/>

<https://www.ramaytush.org/>

<https://sogoreate-landtrust.org/>

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.

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

NOVEMBER 2021

Welcome Azeen and Jeff!



Azeen Zia (they/she) is ecstatic to be the new receptionist at 75 Laguna. They have spent decades creating safe and inviting spaces for the LGBTQI+ community within drinking and entertainment spaces. They are eager to bring a playful and inviting energy to the front lobby of 75 Laguna. They have studied and play North Indian/Persian classical music while remaining an avid cyclist. Their deepest influences run the gamut, from Ali Akbar Khan, Googoosh, Hazrat Inayat Khan, David Bowie, to Kate Bush, Patti Smith, Sally Mann, Ursula K. Le Guin, Marsha P. Johnson, and so so many more. Make sure to say hello when you come to 75 Laguna!



Jeff (he/him) is excited to be joining Openhouse as the Operations Coordinator. He brings many years of retail management experience to his role and hopes to help everyone be their best selves. As a hobby, he has worked in the fitness industry for over a decade, both as a group fitness instructor and a certified personal trainer. In his free time Jeff loves to bake, play around in the city, and consume tons of various media. Jeff looks forward to meeting you soon!