

*A note from our Executive Director:*

## It's been a long, strange year...



As we enter December, I am hopeful that the winter period of hibernation will be followed by an abundant and "in person" spring. It has felt a bit disjointed not having you on-site taking classes, sharing a meal, laughing, and camping it up. The staff is working to create new hybrid programming in January, an amazing first step forward--and for some may be a new way to join programming in the future.

Our community has done a great job keeping one another safe and taking personal responsibility to mask up, vaccinate, and booster. Our vigilance will pay off soon and I cannot wait to see you!

World AIDS Day is December 1st and was first celebrated in 1988. I know many of us have had friends and loved ones impacted by HIV/AIDS. On that day, please join me in a moment of silence to remember and be grateful for all those we lost and those in our lives now.

This month there are many holidays celebrated from different religions, spiritualities, and cultures. My family's culture celebrates the solstice at Newgrange in Ireland on December 21st. This year, I am creating a new grounding celebration and am excited to include the great Bay of San Francisco.

Happy holidays to you and yours this year!

Kathleen

housing, services, and community for LGBT seniors



## DECEMBER 2021

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Want to talk more with Kathleen?

### Join us for Conversations with Kathleen!

Mondays, Dec 20 and Jan 17  
4 - 5PM, on Zoom and in-person

Kathleen will reflect on this past year -- where we've been and where we're going! We encourage you to let us know when you RSVP if there are topics of discussion that you would like us to include in this series.

To RSVP: [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org)  
or (415) 231-5871

This program will be a hybrid event. 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.

# Coming Up this Month

*The Center for Black Equity  
Presents:*

## **Findings from the Black LGBT Community Survey**

Wednesday, December 15

12:30 - 2PM, via Zoom

Please join us in welcoming the Center for Black Equity 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 lived experience.

Register to [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org)  
or (415) 231-5871



## **Join us for a Special Walking Group Event: Walking Dogs at Openhouse!**

Friday, December 10

11AM - 12PM, at Openhouse

Join us for a special Openhouse Walking Group + Muttville experience! Muttville will bring some of their dogs to join us as we walk the neighborhood around Openhouse.

You'll be able to walk the dogs if you'd like -- or just get some good pets in!



RSVP: [koneal@openhousesf.org](mailto:koneal@openhousesf.org)  
or (628) 263-3262

## **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.

# Resources and Information

## Housing and ADRC Drop-In Hours

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

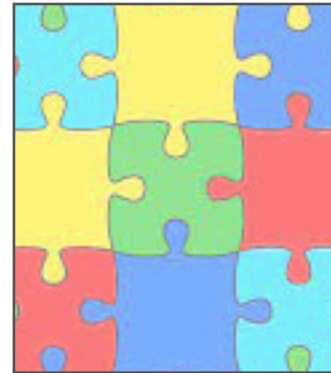
Openhouse's Housing and Resource Navigation Program has in-person drop-in hours to help with your questions about housing and resources, like filling out applications, using DAHLIA, resolving technology challenges, and more.

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.



## Affordable Housing Workshop

*Come demystify the rental housing process!*

Interested in affordable housing in the San Francisco Bay Area? Wanting to learn more about the public housing lottery system? Openhouse offers online affordable housing workshops every second Thursday and fourth Tuesday of the month. During each one-hour workshop, we will go over the initial steps to getting started on any affordable housing rental search here in the city.

Sign up for one of our upcoming affordable housing workshops via Zoom on Dec 9 or Dec 21.

To RSVP: (415) 296-8995 ext. 319

## 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](mailto:koneal@openhousesf.org) or (628) 263-3262

# Get Connected!

## Sister Circle: a social discussion group

Tuesday, Dec 21 , 2:30 - 4PM (different time this month)  
Via Zoom

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.

RSVP to [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871.  
For more info, contact Dottie at [dluxenburg@gmail.com](mailto: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 Social - "Home for the Holidays"

Wednesday, December 8  
12:30PM - 1:30PM, via Zoom

Grab a warm beverage and a tasty snack and come hang out online for the holidays!

We'll be screening holiday choral performance by a local high school - sure to bring the cheer! Find some holiday warmth with friendly faces and some fun chats.

Register to [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871.



## Stay connected over the Holiday Season

We know the holidays can be tough and we'd love to stay connected.

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 share stories, share laughter, and spread some joy can help us get through the holidays together!

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



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.

## 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 at [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org)  
or (415) 231-5871.

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](mailto:ageIDEA@uw.edu) or visit [ageIDEA.org](http://ageIDEA.org).

**Aging with Pride: IDEA**  
IDEA – Innovations in Dementia Empowerment and Action

**W SCHOOL OF SOCIAL WORK**  
UNIVERSITY of WASHINGTON

[@age\\_pride](https://twitter.com/age_pride)  
[@agingwithpride](https://www.facebook.com/agingwithpride)

## We will miss you, Jerry!

Openhouse mourns the passing of community member, Jerry Greenstein. On October 19, 2021, 83-year old Jerome ("Jerry") Harris Greenstein passed away peacefully at his home with his beloved husband, Fred Trujillo, by his side. Jerry and Fred regularly attended Rainbow Lunch, Men's Drop-in Support and Openhouse celebratory events like Fall Feast and the LGBTQ Senior Prom. Born in Framingham, Mass., Jerry moved with his family to California in his teen years and spent most of his adult life in San Francisco--and most of those years partnered with Fred. Together they loved to travel, take cruises, go to gay pride parades, hunt for bargains, and attend Openhouse and SF cultural and political events. They celebrated their 44th anniversary by getting married on September 15, shortly after Jerry's cancer diagnosis. We will miss you, Jerry.



*Jerry (left) and Fred (right) at Openhouse's LGBTQ Senior Prom in 2018*

# Have Fun and Get Creative!

## Raise the curtain for **Places Please: Act 3**

Mondays, January 24 - March 21  
11AM - 12:30PM, via Zoom

This exciting workshop explores LGBTQ+ plays and playwrights. These works bring to light the enormous LGBTQ+ contribution to U.S. theatre. In this



Act we will be focusing on the decade of the 1980's with such plays as *Last Summer at Bluefish Cove*, *The Normal Heart* and *Torch Song Trilogy*. We will read and discuss each play, giving participants an opportunity to take the stage and bring the playwright's words to life.

No experience is necessary for Places Please! except an interest in LGBTQ+ theatre.

Facilitator Jess Miller, RDT EdD, is an Openhouse staff alumni. Jess is a Registered Drama Therapist and a proud theatre person/activist who looks forward to raising the curtain on LGBTQ+ theatre with the Openhouse community.

Please note that attendance will be limited to ten (10) participants.

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

## **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](http://hughleeman.com)

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



## **Virtual Visit to Muttville**

Wednesday, December 15  
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](mailto:amellinger@openhousesf.org)  
or (415) 503-4180

Most 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 Laguna		
			1 World AIDS Day “In the Life”: Supporting LGBTQ POC 11AM – 12:30PM, RSVP req’d: X311 Intermediate Spanish, 3 – 4:30PM Reg req’d: X305	2 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	3 Living with Loss: Drop-in Grief Support 1 – 2:30PM Reg req’d: X311 Yiddish, 3 – 4:30PM Reg req’d: X305	4 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req’d: X311 Art with Elders 2:30 – 4:30PM Reg req’d: X316
5	6 Last day of Chanukah Men’s Drop-In Support Group 2 – 3:30PM, Reg req’d: X311 “Trans Resilience” TGNC Support Group 5:30 – 7PM (415) 961-8378 for info	7 Self Compassion & Belonging 1 – 2:30PM, Reg req’d: X311 Gay Gray Writers, 4 – 6PM Closed Group Tech Help Office Hours, 2:30PM – 5PM By appointment only: X322	8 Pansexual/Panromantic Day “In the Life”: Supporting LGBTQ POC 11AM – 12:30PM, RSVP req’d: X311 Rainbow cafe: Home for the holidays 12:30 - 1:30PM, RSVP req’d: X311 Intermediate Spanish, 3 – 4:30PM Reg req’d: X305	9 Drop-In Meditation, 11 – 11:45AM Reg req’d: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Reg req’d: X311 Housing Workshop, 2 – 3:30PM RSVP req’d: X310 Reach Out, Come Out, Plug Back In 4 – 5:30PM, Closed Group	10 Walking Group with Muttville dogs 11AM – 12PM Reg req’d: (628) 263-3262 Yiddish, 3 – 4:30PM Reg req’d: X305	11 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req’d: X311 Art with Elders 2:30 – 4:30PM Reg req’d: X316
12	13 Men’s Drop-In Support Group 2 – 3:30PM, Reg req’d: X311 “Trans Resilience” TGNC Support Group 5:30 – 7PM (415) 961-8378 for info	14 Self Compassion & Belonging 1 – 2:30PM Reg req’d: X311 Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 8604460227 (415) 292-3420 for more info	15 “In the Life”: Supporting LGBTQ POC, 11AM – 12:30PM, RSVP req’d: X311 Center for Black Equity Presentation 12:30 - 2PM, RSVP req’d: X311 Virtual Visit to Muttville, 2:30 – 3:30PM RSVP req’d: X315 Intermediate Spanish, 3 – 4:30PM Reg req’d: X305 LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM, Reg req’d: X315	16 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	17 Living with Loss: Drop-in Grief Support 1 – 2:30PM Reg req’d: X311 Yiddish, 3 – 4:30PM Reg req’d: X305	18 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req’d: X311 Art with Elders 2:30 – 4:30PM Reg req’d: X316
19	20 Men’s Drop-In Support Group 2 – 3:30PM, Reg req’d: X311 Conversations with Kathleen 4PM – 5PM, RSVP: X311 “Trans Resilience” TGNC Support Group 5:30 – 7PM (415) 961-8378 for info	21 Winter Solstice LGBTQ Seniors with Chronic Physical Disabilities Support Group 1 – 2:30PM, Reg req’d: X311 Housing Workshop, 2 – 3:30PM RSVP req’d: X310 Sister Circle, 2:30 – 4PM RSVP for reminder: X311 Gay Gray Writers, 4 – 6PM, Closed Group	22 “In the Life”: Supporting LGBTQ POC 11AM – 12:30PM, RSVP req’d: X311 Intermediate Spanish, 3 – 4:30PM Reg req’d: X305	23 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	24 Openhouse Offices Closed	25 Christmas Day
26 First Day of Kwanzaa	27 Openhouse Offices Closed	28 Openhouse Offices Closed	29 Openhouse Offices Closed	30 Openhouse Offices Closed	31 Openhouse Offices Closed	Jan 1 New Year’s Day Final Day of Kwanzaa

**IMPORTANT NOTE: All Openhouse programs are being run virtually unless otherwise noted**

# Get Some Support

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

Friday, Dec 3 and Dec 17  
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](mailto:rsvp@openhousesf.org) or (415) 231-5871.



## LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, December 21, 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](mailto: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](mailto:jjha@openhousesf.org) or (415) 961-8378



## LGBTQ Caregivers of Those with Dementia Support Group

Wednesday, December 15

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](mailto: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.



## Join the Openhouse Walking Group

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

*Join the special event on Dec 10 and resuming regular scheduling in January*

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](mailto: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](mailto:rsvp@openhousesf.org) or (415) 231-5871

## Self-Compassion and Belonging Drop-In Group

Tuesdays, 1PM - 2:30PM via Zoom

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.

Group meets weekly except on the third Tuesday of each month.

Register at [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org) or (415) 231-5871.



### What is a hybrid program?

Openhouse is excited to bring back a few of our small programs at 75 Laguna in the new year! In order to continue following COVID safety guidelines and ensure that community members who aren't ready or able to return can still attend programming, activities will be done through a new process called "hybrid programming"! Hybrid programming is a combination of having both in-person and Zoom participants attending a program at the same time. Through the use of special technology, participants attending on Zoom will be able to see the entire room, where everyone is sitting, and be able to see each person talking up close.

For attendance in person, there is limited space and participants will need to wear masks and physically distance.

Programs that are hybrid will be listed as so in the newsletter. Please reach out with any questions prior to events! This type of programming is new to us and we are excited to figure out the most effective, accessible, and safe ways to offer programming through the continually changing landscape of the pandemic.

*Did you know?*

## Winter Holidays are a festival of lights!

It all began thousands of years ago with celebrations around the arrival of the Winter Solstice-the coming of winter on December 21 and 22. The event was marked by the lighting of fires to ward off the cold, dark days ahead.

Our holiday season encompasses three major celebrations: Chanukah, Kwanzaa, and Christmas. Although their origins are quite different, they share two elements in common: the time of year and the use of lighting. Christmas and Chanukkah are religious holidays and Kwanzaa is a celebration of African American culture, yet the creation of light is at the heart of all three. The Chanukkah "menorah" is lit for eight days and the Kwanzaa "kinara" for seven. The traditional Christmas holiday with its brightly lit homes and streets runs for twelve days, although nowadays the actual time varies greatly.



May we all find some light this winter. Happy holidays to you all!

- Armando Paone, Openhouse Education Coordinator

## Master the Art of Aging Well

Your life is both a masterpiece and a work in progress. Learn real skills that will help you live it to its fullest with the Aging Mastery Program.

Learn from aging experts about these topics:

- Navigating Longer Lives
- Financial Fitness
- Healthy Eating and Hydrating
- Relationships
- Exercise and You
- Medication Management
- Advance Planning
- Fall Prevention
- Sleep
- Community Engagement



### Workshop Series Details

Tuesdays, 3 - 5PM PST  
January 11 - March 15

Virtual by Zoom

For more information, contact Valorie Villela at (415) 439-9364 or [valorie@onlok.org](mailto:valorie@onlok.org)



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

**DECEMBER 2021**

A pink circular graphic with the text "OPENHOUSE IS HIRING!" written in white, uppercase, sans-serif font, slanted upwards from left to right.

**OPENHOUSE  
IS HIRING!**

## **TGNC Community Liaison Position is open!**

Openhouse seeks a dynamic, creative, and organized Trans Community Liaison who is a passionate advocate for trans and gender nonconforming older adults seeking high quality aging services in the San Francisco Bay Area.

This position is a nonexempt, hourly part-time role (20 hours/week) and/or full-time role (32 hours/week).

Email [jjha@openhousesf.org](mailto:jjha@openhousesf.org) for more details.