

A Spring Note from Kathleen, Openhouse's Executive Director



Just about this time the crocus, daffodils, and tulips start their rite of passage from underground bulb to green shoots pushing away the dirt and humus into full splendid flowers. Cherry blossoms are already in bloom and we have had some very warm days already. The rebirth of

spring is certainly upon us.

I am very happy to report that both the Trans-Brunch and PRIDE Parade will be in person and are in full planning mode. This year, I asked the staff to suggest organizational themes for PRIDE. We had a list of over 20 different themes that we narrowed down to five and last week we voted on the final five. The vast majority voted for the theme: Love is Ageless.

Personally, I love the Openhouse theme this year. Now, we are looking for a graphic designer who can help us with the design that we will use on the trolleys, t-shirts, and tote bags. If you or someone you know is interested, contact Adrienne at apankonin-dahl@openhousesf.org. Planning is still in process and we will update folks once we know more.

Please join me at our monthly town hall via Zoom.

More info in the box to the right! →

Happy Spring!

Kathleen

housing, services, and community for LGBT seniors

openhouse

MARCH 2022

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Make sure to fill out the Annual Consumer Satisfaction Survey!

This survey is for anyone who has participated in any Openhouse activity or has received a call from an Openhouse staff member in the past year. You only need to fill this out once! Your feedback is VERY important to us!

Go to this link:

<https://www.surveymonkey.com/r/VCMJRJM>

Monthly Town Hall with Kathleen!

Monday, March 28
4 - 5PM, via Zoom

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

New this month!

Dr. Aronson Talks: Practical Mobility

Wednesday, March 9, 2 - 3:30PM, via Zoom



In this session we will explore and answer questions like: How do we ensure we can do what we need and want to do as we age? How does a person who doesn't feel well or doesn't move well make sure they can keep moving enough to stay independent? What does a person do who knows exercise helps everything but HATES it and never can get themselves to do it? How can everyday household items help with practical mobility? If you had to do 3 things to keep yourself mobile over time, what would they be?

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.

Walking Muttville Dogs at Openhouse is Back!

Friday, March 11, 11AM - 12PM RSVP for location details

We invite you to join us every 2nd Friday of the month to walk Muttville senior dogs with the Openhouse Walking Group. 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 in some good pets!



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

Sister Circle: Celebrating Women's History Month

Tuesday, March 22, 12 - 1:30PM, via Zoom

We invite women of all expressions to join us for a special Sister Circle where we will be celebrating Women's History Month! While enjoying a lunch delivered to your door, we will gather on Zoom to discuss where the women's movement has been and where we envision it going! What gains have we made? What is our dream for the future of women and women's rights? What roles have we played and what roles will we play? We look forward to celebrating the women of our community!

To receive a lunch, an RSVP is required.

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



Photo: piece of the MaestraPeace Mural, SF Women's Building. The sign reads: "silencio=muerto. More funds for women's health research"

Resources and Information

Openhouse's Housing and ADRC Drop-In Hours are Back!

Wednesdays 1-4PM and Thursdays 9AM-12PM, 75 Laguna

You don't have to do it alone—get help with accessing info, looking for housing, filling out forms, Smart Money Coaching, and more.

No appointments needed, just drop by.

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:

March 10 and March 22

2PM via Zoom

Come demystify the 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.

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

It's not too late to get COVID-19 rental relief!

If you're concerned about paying back rent, or your rent for March 2022, come into our Housing & ADRC Drop-in Hours!

Bring your ID, proof of income, and any documents related to your housing to apply.

Questions: (628) 219-6519

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

TRANSGENDER DAY OF VISIBILITY

March 31 is Transgender Day of Visibility (TDOV)!

Every year on March 31st, we celebrate and raise awareness of the lives of transgender individuals. We recognize and fight against systemic transphobia. We fight for equitable access to healthcare, housing, and employment. Let them be seen. Let them be heard. Remember this on this important day. And every day!

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.

Interested in learning more about the program or getting matched up with a Friendly Visitor?



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

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
or (415) 231-5871

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.

Openhouse celebrates Women's History Month!

What is Women's History Month?

While there are varying dates and events that spurred the creation of women's history month, one thing remains clear: Women's History Month is a time to honor and truly celebrate the critical and life-sustaining ways women have contributed to all parts of society. Openhouse celebrates all women of all experiences in our community!

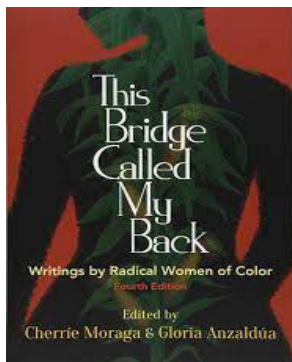
We want to hear from you!

There are SO many lists of books about and by radical women who have educated and inspired us!

We want to know:

What are some of your favorite books, movies, podcasts, etc that center radical women?

Send responses: rsvp@openhousesf.org



The San Francisco Public Library has some incredible Women's History Month Programming!

Go here to learn more:

<https://sfpl.org/events/special-programs/herstory-womens-history-month-2022>

Consider checking out:

Panel: Lesbian Game Changers

with Jewelle Gomez, Crystal Jang, and Carla Trujillo.

More info here:

<https://sfpl.org/events/2022/03/15/panel-lesbian-game-changers>

Did you know?

You can take a self-guided walking tour of Women's History in San Francisco! Go to the link below to learn more!

<https://www.sftravel.com/article/take-self-guided-walking-tour-womens-history-san-francisco>

Join our new Intergenerational Pen Pal Program!

This community program is aimed at fostering communication between differing generations of the LGBTQ+ community. It will bring together 30 "young generation" (ages 18-45) pen pals and 30 "older generation" pen pals. Each participant will be matched with a writing partner, to whom they will commit to sending three letters (with the option of continuing correspondence if both participants agree). Postage, writing paper, and envelopes will be provided for each participant.

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



Have Fun and Get Creative!

Virtual Drop-In Meditation

Thursdays, 11 - 11:45AM, 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. With this practice, we invite you to give your mind a break and create more space.

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

Presented in
partnership
with Shanti
Project



Join the Openhouse Walking Group

Friday, March 11 and March 25
11AM - 12PM, RSVP for location details

*Join the Muttville collaborative walk on
March 11!*

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

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 about Hugh, go to hughleeman.com

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



Virtual Visit to Muttville

Wednesday, March 16
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

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		
	Openhouse Celebrates Women’s History Month!	1 Gay Gray Writers, 4 – 6PM Closed Group Tech Help Call-In Hours By appointment only: X322	2 Clearing House: Cluttering Support 12:30 – 2PM, RSVP req’d: X311 Intermediate Spanish, 3 – 4:30PM Reg req’d: X305	3 Drop-In Meditation, 11 – 11:45AM, Reg req’d: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group Reach Out, Come Out, Plug Back In 4 – 5:30PM, Closed Group	4 Yiddish, 3 – 4:30PM Reg req’d: X305	5 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req’d: X311 Art with Elders 2:30 – 4:30PM Reg req’d: X316
6	7 Places Please, 11AM - 12:30PM Closed Group 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	8 International Women’s Day Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 8604460227 (415) 292-3420 for more info	9 “In the Life”: Supporting LGBTQ POC 11AM – 12:30PM, RSVP req’d: X311 Health Talks with Dr Aronson, 2 – 3:30PM, RSVP req’d: X311 Intermediate Spanish, 3 – 4:30PM Reg req’d: X305	10 Drop-In Meditation, 11 – 11:45AM, Reg req’d: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Closed Group Housing Workshop 2 – 3:30PM, RSVP req’d: X310 Reach Out, Come Out, Plug Back In	11 Walking Group with Muttville 11AM – 12PM Reg req’d: (628) 263-3262 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req’d: X311	12 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req’d: X311 Art with Elders 2:30 – 4:30PM Reg req’d: X316
13	14 Places Please, 11AM - 12:30PM Closed Group 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	15 LGBTQ Seniors with Chronic Physical Disabilities Support Group 1 – 2:30PM, Reg req’d: X311 Gay Gray Writers, 4 – 6PM Closed Group Tech Help Call-In Hours By appointment only: X322	16 “In the Life”: Supporting LGBTQ POC 11AM – 12:30PM, RSVP req’d: X311 Clearing House: Cluttering Support 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	17 Drop-In Meditation, 11 – 11:45AM Reg req’d: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Closed Group Reach Out, Come Out, Plug Back In 4 – 5:30PM, Closed Group	18 Yiddish, 3 – 4:30PM Reg req’d: X305	19 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req’d: X311 Art with Elders 2:30 – 4:30PM Reg req’d: X316
20	21 Places Please, 11AM - 12:30PM Closed Group Men’s Drop-In Support Group 2 – 3:30PM, Reg req’d: X311 Conversations with Kathleen 4 – 5PM, RSVP: X311 “Trans Resilience” TGNC Support Group 5:30 – 7PM, (415) 961-8378 for info	22 Sister Circle: Women’s History Month Celebration! 12 – 1:30PM, RSVP: X311 Housing Workshop, 2 – 3:30PM RSVP req’d: X310 Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 8604460227 (415) 292-3420 for more info	23 “In the Life”: Supporting LGBTQ POC 11AM – 12:30PM, RSVP req’d: X311 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: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Closed Group Reach Out, Come Out, Plug Back In 4 – 5:30PM, Closed Group	25 Walking Group 11AM – 12PM Reg req’d: (628) 263-3262 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req’d: X311 Yiddish, 3 – 4:30PM Reg req’d: X305	26 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req’d: X311 Art with Elders 2:30 – 4:30PM Reg req’d: X316
27	28 Places Please, 11AM - 12:30PM, Closed Group 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	29 Gay Gray Writers, 4 – 6PM Closed Group Tech Help Office Hours 2:30PM – 5PM By appointment only: X322	30 “In the Life”: Supporting LGBTQ POC 11AM – 12:30PM, RSVP req’d: X311 Clearing House: Cluttering Support 12:30 – 2PM, RSVP req’d: X311 Intermediate Spanish, 3 – 4:30PM Reg req’d: X305	31 Trans Day of Visibility Drop-In Meditation 11 – 11:45AM, Reg req’d: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Closed Group Reach Out, Come Out, Plug Back In 4 – 5:30PM, Closed Group	April 1 Yiddish, 3 – 4:30PM Reg req’d: X305	2 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req’d: X311 Art with Elders 2:30 – 4:30PM Reg req’d: X316

IMPORTANT NOTE: All Openhouse programs are being run virtually, unless otherwise stated.

Get Some Support

Living with Loss: Drop-In Grief Support Group

Friday, Mar 11 and Mar 25
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

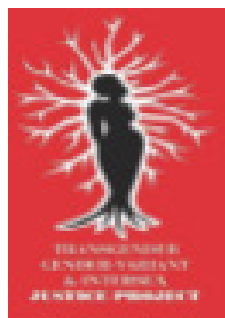
Mondays, 5:30-7PM, via Zoom

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, March 15, 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.

This group is co-facilitated by Max Lane and Sumi Colligan.

Interested?

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

LGBTQ Caregivers of Those with Dementia Support Group

Wednesday, March 23
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: 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.

Let us (re) Introduce Ourselves...

This month, let us (re) introduce you to the **Mission Engagement Team!**

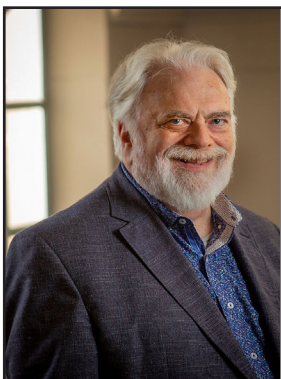
The Mission Engagement Team (MET) is responsible for all fund development, marketing, and communications at Openhouse. We have a new Director of Mission Engagement, and are seeking a new Marketing Manager for the team. After two dark years of COVID, Openhouse plans to re-launch our major fundraising event, Spring Fling, on May 22, 2022, at The San Francisco Ritz Carlton Hotel. We also just wrapped a record-breaking end-of-year appeal, raising approximately \$160,000! Thanks to all donors and supporters of Openhouse, where philanthropy is everybody's business!



Jacob Ittycheria (he/him), Director of Mission Engagement

My role at Openhouse is to create and implement a development plan that centers around and lifts up our community members. My passion is to connect the greater Bay Area (and beyond) to the work that we do with the hopes of inspiring many to get involved and help our LGBTQ seniors thrive in a safe, uplifting environment. Community members should contact me if they feel comfortable sharing how Openhouse has changed their lives and their personal experiences with the work we do.

Contact: (415) 839-1138 or jittycheria@openhousesf.org



Charles Renfroe (he/him), Mission Engagement Manager

My role at Openhouse is managing institutional fundraising, including foundation grants and corporate contributions. However, all MET members jump in whenever and wherever all-hands-on-deck are needed for campaigns or special events like Spring Fling. Community members should contact me if you have questions or concerns about external communications such as fundraising appeals, the Openhouse website or other publications such as the annual impact report, or news you read about Openhouse in the media.

Contact: (415) 702-3537 or crenfroe@openhousesf.org



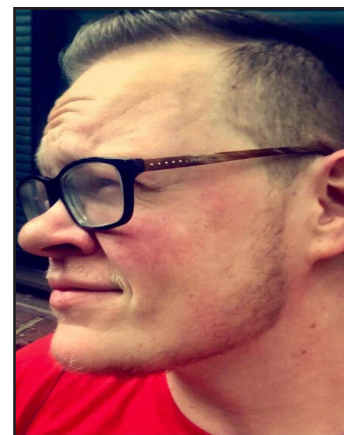
Theresa Arocena (she/her), Mission Engagement Specialist

My role at Openhouse is to maintain all aspects of donor data management, including prompt acknowledgment of all the generous gifts we receive at Openhouse. I primarily work in donor relations and stewardship, which includes assisting in social media content for the time being. Community members should contact me if they'd like to share their personal stories or stories they have in relation to our programs and services.

Contact: (415) 254-4140 or tarocena@openhousesf.org

Volunteer Appreciation Corner: dc (they/them)

We are so excited to profile a prolific volunteer: dc! They are passionate, quick-witted, and adaptable in the many ways they support Openhouse. dc connected with us when they moved to SF in 2019; immediately they jumped in lending a hand at our Halloween Party at Jolene's and then at our Fall Feast! dc says, "My most memorable experience was delivering holiday gifts this year; seeing the joy and appreciation in folks' faces as they received the gifts was really moving for me". dc is passionate about transgender equity, public education, and civic service. We are so lucky to have you on our team, dc!



Interested in volunteering?

Contact Dottie: dluxenburg@openhousesf.org or (415) 231-5888



Meet "Dot"!

Full of love, laughter, and absolute chaos, Colman Domingo's "Dot" is a moving and hilarious look at a woman losing herself in the past and the family trying to keep her in the present. This hit play has been declared "uproariously funny" by The New York Times and The Huffington Post called it "vibrant and outrageous."

Book your seats for this Bay Area Premiere at New Conservatory Theatre Center playing March 4 - April 3.

[Use code 'Dottie' for 25% off tickets:](https://www.nctcsf.org/21-22-Season/Dot)
<https://www.nctcsf.org/21-22-Season/Dot>

Remembering Miss Pattie Howard (Apr 22, 1953 - Jan 14, 2022)

Transcribed from the Memorial at the Trans Resilience Support Group

A fighter, a resilient trans woman, who will be missed by her TGNC community, has moved on to a better place and transitioned to her next assignment: to her ancestral world where her pain and suffering have come to an end. She was one of the first few who stood behind the 50 and Fabulous support group at the, then, API Wellness and showed up with her strong attitude accentuated by her raspy inimitable voice. She was a part of the TGNC group through sickness and in pain, she showed up no matter what and thought of others more than herself. "One step in front of the other, Miss Pattie". You are always with us.



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

MARCH 2022

Increase Black, Indigenous, People of Color (BIPOC) Presence at Openhouse

Volunteers are being sought to work with the Leadership Council on Queerness, Race, and Privilege (LC) in attracting BIPOC community elders to Openhouse (OH). The work involves creating programs and direction at OH to focus on recruiting and retaining African American, Asian American/Pacific Islander (AAPI), American Indian, and Latinx LGBTQIA2S individuals whose numbers are currently small at OH. Volunteers will work with LC members Morningstar Vancil, Luis de la Garza, Valerie Tucker, and Molly Reno to help organize panels and workshops aimed at educating and healing the internalized and cross-cultural oppression that results from living in a culture that privileges white members. The LC's goal is to reach out to LGBTQIA2S American Indian, African American, Latinx, AAPI and mixed race/mixed ethnicity, and individuals of European descent.

Initially a commitment of at least 2 hours per week, for 4 months is being requested. No monetary compensation is being offered as everyone on the Leadership Council is a volunteer. If you are interested in applying for this position, please send your contact information via email to: leadershipcouncil@openhousesf.org