

Spring Has Sprung

Openhouse's Executive Director



Welcome to Spring 2022 and National Jazz Appreciation Month.

At this month's Conversations with Kathleen, I will share the Drs. Sherzai program that has proved to reduce onset of dementia and in particular Alzheimer's disease. The building blocks are captured in the work NEURO: N=nutrition, E=exercise, U=unwind, R=restore and O=optimize. The program is based on community-based research that Drs. Sherzai write about in their book, *The 30-day Alzheimer's Solution*, and on their website teamsherzai.com. I look forward to sharing this information with the community.

As I write this today, Russia continues to bomb and attack Ukraine. The war is a sad sight to see and the people of Ukraine are both suffering greatly and showing a great amount of courage in the face of continual bombardment. It also gives most of us pause to see how one war is covered by the press versus another. Certainly, the coverage of the fall of Aleppo was good, but it also faded from our newspapers, social media, and television coverage quickly. The children who are growing up in war torn Syria, Yemen, and Sudan will be marred with lifelong trauma. We need to stand for all people displaced by war and the oppressive regimes of the powerful who seek their own gain at the expense of so many.

In closing, as new life springs forth in this glorious season I am both grateful for all I have and hopeful that we can continue to build a world of peace, love, and humanity.

Cheers,
Kathleen

housing, services, and community for LGBT seniors



APRIL 2022

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**Monthly Town Hall
with Kathleen!**

Monday, April 18
4 - 5PM, via Zoom

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



Openhouse community members, volunteers, and staff with Muttville volunteers and pups. Photo credit: Kevin O'Neal

Join our monthly walks with Muttville!

Friday, April 8, 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

Dr. Aronson Talks: Integrative Aging, Better Health

Wednesday, April 13, 2 - 3:30PM, via Zoom



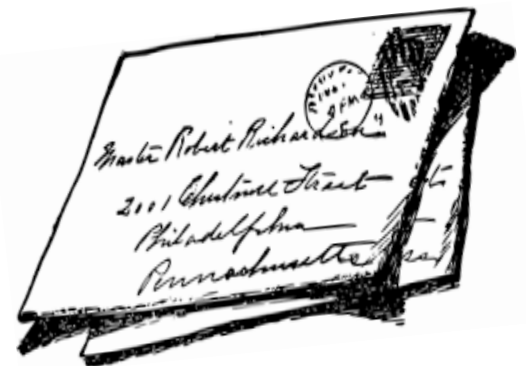
Drawing from both conventional and complementary medicine, integrative aging helps older adults live well throughout the decades and stages of old age. It focuses on health and well-being in addition to disease and illness; pays attention to prevention, nutrition, activity, goals, and purpose; and recognizes both the benefits and challenges of growing older. In this session we will discuss what healthy aging can mean for you--whatever your health status--and some of the approaches of integrative geriatrics, including supplements, mind-body medicine, and more.

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 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

April is Volunteer Appreciation Month

"Volunteers do not necessarily have the time; they just have the heart."

Elizabeth Andrew

On behalf of the staff and community at Openhouse, we want to extend a deep heartfelt thanks to our wonderful volunteer community! We could not do all that we do without the support of our generous, kind-hearted, and caring volunteers who show up every day in support of LGBTQ seniors!

The pandemic has been a challenging time for us all.

Openhouse volunteers play a critical role in helping to keep community members supported in various ways such as our Home Delivered Grocery program, running errands, grocery shopping, Friendly Visits, social calls, simple home tasks, front desk support, and virtual tech support. Volunteers are everyday heroes, sheroes, and theroes who show up and do what they can to help make a difference in the lives of others! Our hope is that you know that this world is a better place because you volunteered, and we thank you for it.



In deep appreciation,
Sylvia Vargas, Director of Community Engagement

Words of gratitude from community members:

"The calls I get help me remember myself through the stories I share...I can't tell you how much that means to me. You are all angels!"

"No doubts that Openhouse and the Friendly Visitor Program have saved my life over and over again--my Friendly Visitor has kept me alive!"

" I was somewhat mobile before the pandemic hit and walking with my Friendly Visitor helped me feel more confident going to the park. Calls from [them] have kept me sane."

"My world got so much bigger after even the first phone call!"

"A volunteer came this morning; set up my printer for me in under 2 minutes! They were very cool in the process. You have the greatest volunteers! I nominate all of these helpers for the Fabulous Volunteer of The Year Awards. All have been a great help."

Resources and Information

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

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

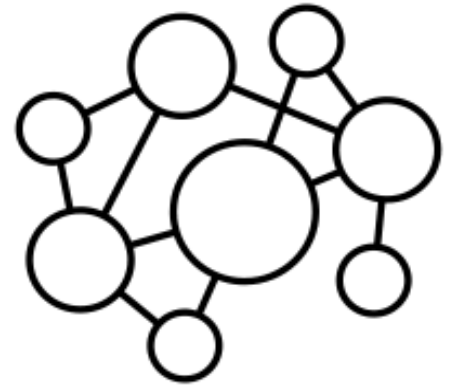
Get help with accessing info, looking for housing, filling out forms, and more.

No appointments needed or documents required-- 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.



Affordable Housing Workshop:

April 14 and April 26
2PM via Zoom

Come demystify the process!

Come demystify the housing process! Interested in affordable rental housing in the SF Bay Area? Want to learn more about the lottery system? Openhouse offers online affordable housing workshops every 2nd Thursday and 4th Tuesday of the month, where we go over the steps to start your affordable rental search.

Register online at:
<https://www.openhousesf.org/housing>

Questions? Contact Aisling:
apeterson@openhousesf.org

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

As we continue to transition out of the pandemic, our 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

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

Get Connected

Sister Circle: A Women's Discussion Group

Tuesday, April 26, 12 - 1:30PM, via Zoom

We invite women of all expressions to join us for a social discussion group via Zoom. Grab a cup of coffee, pull up a chair, and let's chat!

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

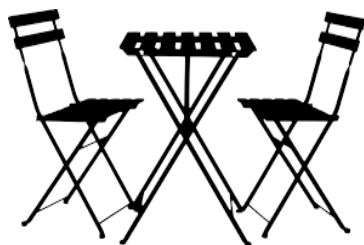


Join our Friendly Visitor Program!

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.

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.

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, April 8 and April 22
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, April 20
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 and ADRC Drop-In Hours: Wednesdays (1 - 4PM) and Thursdays (9AM - 12PM), 75 Laguna						
Happy Volunteer Appreciation Month! A BIG THANK YOU to our volunteers!					1 Yiddish, 3 – 4:30PM Reg req'd: X305	2 Queer Elder Writing Workshop 12:30 – 2:30PM Art with Elders 2:30 – 4:30PM
3	4 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, For info: (415) 961-8378	5 Tech Help Call-In Hours By appointment only: X322	6 "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	7 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	8 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 Yiddish, 3 – 4:30PM	9 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
10	11 Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 "Trans Resilience" TGNC Support Group 5:30 – 7PM, For info: (415) 961-8378	12 Gay Gray Writers, 4 – 6PM Closed Group Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 8604460227 (415) 292-3420 for more info	13 "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	14 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	15 First Night of Passover Yiddish, 3 – 4:30PM Reg req'd: X305	16 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
17 Easter Sunday	18 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, For info: (415) 961-8378	19 LGBTQ Seniors with Chronic Physical Disabilities Support Group 1 – 2:30PM, Reg req'd: X311 Tech Help Call-In Hours By appointment only: X322	20 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X311 Intermediate Spanish, 3 – 4:30PM Reg req'd: X305 Clearing House: Cluttering Support 12:30 – 2PM, RSVP req'd: X311 Virtual Visit to Muttville, 2:30 – 3:30PM RSVP req'd: X315	21 Drop-In Meditation, 11 – 11:45AM Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Closed Group	22 Earth Day 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	23 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
24	25 Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 "Trans Resilience" TGNC Support Group 5:30 – 7PM, For info: (415) 961-8378	26 Lesbian Visibility Day Sister Circle, 12 – 1:30PM, RSVP: X311 Housing Workshop, 2 – 3:30PM RSVP req'd: X310 Gay Gray Writers, 4 – 6PM, Closed Group Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 8604460227 (415) 292-3420 for more info	27 "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	28 Drop-In Meditation 11 – 11:45AM, Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Closed Group	29 Yiddish, 3 – 4:30PM Reg req'd: X305	30 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316

Get Some Support

Living with Loss: Drop-In Grief Support Group

Friday, April 8 and April 22
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 Rabbi Jane Litman and Chaplain Martin Allen.

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

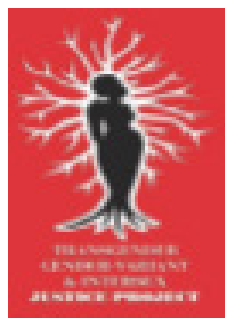
Trans Resilience Support Group

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, April 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.

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, April 27
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.

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

Cooking Matters

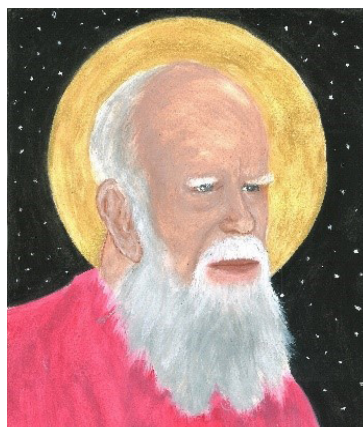
Thursdays, starting June 2
11AM-12:30PM, via Zoom

In partnership with 18 Reasons, a non-profit community cooking school, let's kick off Pride Month with food and community! We welcome all skill levels as we learn or sharpen cooking skills and enjoy a shared meal from the comfort of your home. In each of the four classes 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.



Community members enjoying a dip they made during a recent session of Cooking Matters

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



Left: photo of Bill. Right: Painting by community member Keith Baillie of the photo on the left, honoring Bill

Provocative, Intelligent, Controversial, Witty, Enraging, Engaging and Sorely Missed.

William Eadie (b. Jan 12, 1942), a long-time member of the Openhouse Men's Support Group, passed away at Coming Home Hospice on Feb 21, 2022. He had just celebrated his 80th birthday.

Bill was a longtime Manager at Tower Records where he indulged his love of classical music and gained a fan base of fellow employees and customers.

Bill was a strong presence in the Men's Drop-In Support Group; sometimes eliciting big laughs and sometimes creating controversy, but always with the intention of provoking conversation and making his presence known.

Bill's dying wish was to not die alone. Members of the Openhouse Men's Support Group Community spent time with him in his last days up to and including the time of his death.

Fighting Climate Change is an LGBTQ issue

Earth Day is April 22. Openhouse recognizes that climate change is a serious concern for those in our community that are most marginalized. Environmental justice is an essential piece in fighting for our rights.

As Isaias Hernandez puts it:

“LGBTQ2S+ people have always existed pre-colonial era and their work has been attempted to be erased by colonization. Environmental Colonialism perpetuated cis-heteronormative as being “natural” while punishing and making it a crime to be LGBTQ2S+. In the United

States, Black / Brown Trans WOC [Women of Color] have always been at the forefront of Queer Liberation & Rights movements and still face the most discrimination today. We cannot solely advocate for climate justice while silencing the needs of the Queer/Trans / 2-Spirit community, it must center their work, ethics, and values.”



Openhouse Remembers Anna Damiani

As we celebrate Lesbian Visibility Day on April 26, Openhouse remembers Anna Damiani, who worked for many years as an aide to former state lawmaker Mark Leno. A great friend and supporter of Openhouse, Anna died at her Castro district home February 25, 2022. She was 65.

In a phone interview, Leno told the *Bay Area Reporter* that Anna worked for him during his entire 14 years in the Legislature, first in the Assembly, and then the state Senate.

“She was a marvel,” Leno said. “She had an indomitable spirit. She always represented our office with a big smile, huge hug, and was well informed. She communicated her concern for the community in every action.”

“Anna has been a passionate advocate for our community helping to build our institutions and fight for our rights despite having more than a few health challenges,” said Openhouse Founder Dr. Marcy Adelman. “She was a friend to us all.”



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

APRIL 2022

Hybrid and In-Person Programming is Coming!

We are so excited to announce that we will be bringing back select programming both in person and hybrid in May. We will be taking precautions to keep us all safe through this changing pandemic. We will be requiring RSVPS for all in-person programming and will be limiting capacity. Just like with most of the pandemic, we know we'll need grace and patience as we continue to adapt to our changing world. We are so so excited to see you!



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services.