

Asian American and Pacific Islander Heritage Month

This month's column is being written by Vinny Eng, an Openhouse Board Member and member of the AAPI community. Check back next month for a message from Kathleen.



The beginning of May marks the start of Asian American and Pacific Islander Heritage Month - time to share testimonies of survival and obstacles overcome by our AAPI neighbors and friends.

Most recently in Sunset Park, Brooklyn, and just over a year ago in Atlanta, AAPI communities have experienced tremendous pain in very public ways that further invisibilized them and have left them less whole.

We are also seeing, in parallel, an alarming rise in states passing invasive laws that are invisibilizing trans and queer individuals, rendering gender affirming care illegal and normalizing violence driven by transphobia and homophobia.

These struggles are not exclusive nor are we as residents of the San Francisco Bay Area inoculated against this animus. The toll of invisibility, as author Ocean Vuong observes, is a difficult thing to be made real. These struggles of racialized violence, homophobia, and transphobia are inextricably linked.

So we learn our stories of our elders and, in doing so, we build community. Proudly, our incredible staff and volunteers at Openhouse continue to provide care to our LGBTQ elders, to imagine and make possible present day experiences for them that ensure that they receive resources to support their material needs as well as their physical and emotional well being.

We can care for and love each other in community and encourage you to join us in uplifting our AAPI and LGBTQ community members this month.

MAY 2022

In this month's issue...	
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Hybird and In-Person Programming is Here!

A note about location descriptions:

When looking newsletter ads for program locations you will see "via Zoom", "Hybrid", or "In-person" under the title. Here is what each of those mean:

Via Zoom: this program takes place online and you will need to RSVP to get a Zoom link.

Hybrid: this program will take place via Zoom and in-person at the same time. You will need to RSVP to get the Zoom link and will need to RSVP if you want to come in person.

In-Person: this type of program will take place entirely in person.

.....
 : *Due to a paper shortage, this*
 : *month's newsletter is printed on*
 : *white paper instead of yellow.*
 :

Honoring Asian American and Pacific Islander Heritage Month

Celebration Lunch for AAPI Heritage Month

Friday, May 20, In-Person, RSVP for more details

Join us for delicious food, a film, and conversation as we honor and celebrate the histories, accomplishments, and stories from the Asian American and Pacific Islander communities. Space is limited and we will be centering our AAPI community members. An RSVP is required to attend.

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

Visit to the Asian Art Museum

Thursday, May 26, RSVP for more details

Join us for a docent-led tour of several exhibits at the Asian Art Museum. Space is limited and we will be centering our AAPI community members. When you register, please let us know if you'll need assistance with transportation getting to the museum.

To register, contact Kevin at koneal@openhousesf.org or (628) 263-3262



Rainbow Lunch is Back!

Monday, May 9 and May 23, 12 - 1:30PM, In-Person at 75 Laguna

Space is limited and an RSVP is Required

We are so excited to bring back one of our most popular programs! Join us as we connect and share a meal. In order to ensure everyone is able to have a COVID-safe Rainbow Lunch experience, we are requiring an RSVP in order to attend.

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

Pride 2022: Save the Date!

We are SO excited to celebrate Pride with you in-person this year! More details to come in the June newsletter.

Friday, June 24: Senora Felicia Flames Transgender Intergenerational Brunch

Sunday, June 26: Pride Events



In honor of Pride...

We want to hear from you! Tell us about a time you witnessed joy, celebration, or solidarity in the LGBTQ Community.

Submit your story to Theresa at tarcena@openhousesf.org and we'll potentially include it in our next newsletter or on our social media!

Dr. Aronson Talks: Home Safety and Disaster Preparedness

Wednesday, May 11, 2 - 3:30PM, via Zoom



Earthquakes, heat waves, fires, power outages; carpets, electric cords, stoves, steps. Our environment and homes can pose threats to our health and safety, especially as we age. These threats vary from rare and catastrophic to common and stealthy. The good news is that some simple steps can prepare you for natural disasters and keep you safe in your home. Join us for this practical session to learn what you can do to protect yourself now and just in case!

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.

Conversations with Kathleen

Monday, May 16, 4 - 5PM, Hybrid at 75 Laguna

This month we discuss how to prevent and possibly reverse cognitive decline. The Alzheimer's Association reported that 60% of dementia, including Alzheimer's Disease, is avoidable. We will discuss the research and the NEURO (Nutrition, Exercise, Unwind, Restore, and Optimize) approach to healthy brains.

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

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

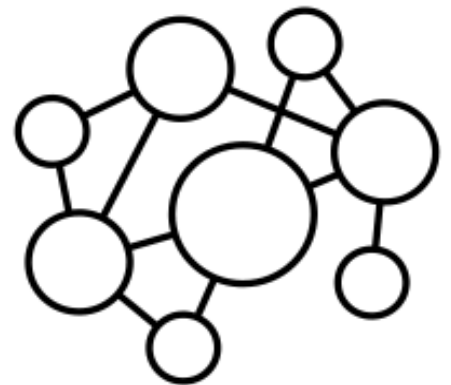
Wednesdays 1-4PM and Thursdays 9AM-12PM, 75 Laguna

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.



Last chance to sign up for our Intergenerational Pen Pal Program!

Beginning in June, we will connect you with pen pals (ages 18-45) to foster communication across generations of the LGBTQ+ community. 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

Join our monthly walks with Muttville!

Friday, May 13, 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 stroll 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

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

Get Connected

Sister Circle: A Women's Discussion Group

Tuesday, May 24, 12 - 1:30PM
Hybrid at 75 Laguna

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

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

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

In the Life: Supporting LGBTQ POC

Wednesdays, 11AM-12:30PM
Hybrid at 75 Laguna

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.



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

Affordable Housing Workshop: May 12 and May 24 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

Check listing for location of each program. Programs will be listed as Virtual, Hybrid, or In-person. For more info 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, May 13 and May 27
11AM - 12PM, RSVP for location
*Join the Muttville collaborative walk on
May 13!*

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, May 18
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

Check listing for location of each program. Programs will be listed as Virtual, Hybrid, or In-person. For more info 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						
1	2 Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378	3 Tech Help Call-In Hours By appointment only: X322	4 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X311 Clearing House: Cluttering Support 12:30 – 2PM, RSVP req'd: X311	5 Drop-In Meditation, 11 – 11:45AM Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Closed Group	6 Yiddish, 3 – 4:30PM Closed Group	7 Queer Elder Writing Workshop 12:30 – 2:30PM Art with Elders 2:30 – 4:30PM
8	9 Rainbow Lunch 12 – 1:30PM, 75 Laguna Must register to attend: X311 Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378	10 Gay Gray Writers, 4 – 6PM Closed Group Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 9669562941 or in person (415) 292-3420 for more info	11 "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	12 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	13 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	14 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
15	16 Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 Conversations with Kathleen 4 – 5PM, Online & 75 Laguna RSVP: X311 "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378	17 LGBTQ Seniors with Chronic Physical Disabilities Support Group 1 – 2:30PM, Reg req'd: X311 Tech Help Call-In Hours By appointment only: X322	18 "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	19 Drop-In Meditation, 11 – 11:45AM Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Closed Group	20 AAPI Heritage Celebration Lunch 75 Laguna Reg req'd: X311 Yiddish, 3 – 4:30PM Closed Group	21 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
22 Harvey Milk Day	23 Rainbow Lunch 12 – 1:30PM, 75 Laguna Must register to attend: X311 Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378	24 Sister Circle, 12 – 1:30PM 75 Laguna, 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: 9669562941 or in person (415) 292-3420 for more info	25 "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 with Dementia Support Group 6 – 7:30PM, Reg req'd: X315	26 Trip to Asian Art Museum Reg req'd, for more info: X311 Drop-In Meditation, 11 – 11:45AM Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Closed Group	27 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 Closed Group	28 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
29	30 Memorial Day Openhouse offices closed	31	June 1 "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	2 Drop-In Meditation 11 – 11:45AM, Reg req'd: X311 Cooking Matters, 11 – 12:30PM Reg req'd: 628-263-3262 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Closed Group	3 Yiddish, 3 – 4:30PM Closed Group	4 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, May 13 and May 27

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: rsvp@openhousesf.org

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, May 17, 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, May 25, 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

Check listing for location of each program. Programs will be listed as Virtual, Hybrid, or In-person. For more info call (415) 296-8995.

Upcoming Programs

Beginning Japanese Returns to Openhouse

Mondays, June 6 - August 8, 3 - 4:30PM, via Zoom

Openhouse is happy to announce that Dan Stewart, our resident instructor of Japanese, will be presenting a series of beginner level classes. In addition to teaching the language, he will incorporate insights into the history and culture of Japan. Dan's experience and his lighthearted approach to the subject matter have made his classes among the most popular here at Openhouse.

Register with Armando: apaone@openhousesf.org or (415) 728-0194

Self-Compassion and Belonging

Tuesdays, starting June 14, 11AM - 12:30PM, via Zoom

How do we offer compassion to ourselves as we age and witness a decline in our own physical and mental capacities and the capacities of loved ones? How do we offer compassion to ourselves as we confront mounting evidence of our own mortality? How can we create spaces of belonging with others while practicing the degree of physical isolation that feels right for us? We'll discuss what keeps you going, what gives you a sense of meaning and purpose and learn some new tools for relieving stress and creating resiliency.



This group is facilitated by Molly Reno, a somatic life coach and 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

Classes in Conversational French

Tuesdays, June 21 - August 9, 3 - 4:30PM, Hybrid at 75 Laguna

Our resident French teacher, John Frediani, will be presenting this course in conversation at a beginning to intermediate level and directed to those who wish to apply their knowledge of French toward improving basic conversation skills. Communication is the goal so some structural knowledge and vocabulary are desirable. Topics may range from common everyday activities to personal interests. A grammar review may be needed depending on class needs and requests, all with the goal of improved communication in French.

Register with Armando: apaone@openhousesf.org or (415) 728-0194

Check listing for location of each program. Programs will be listed as Virtual, Hybrid, or In-person. For more info call (415) 296-8995.

"Places Please" goes to the Gay Nineties!

Mondays, July 11 - August 29, 11AM - 12:30PM, Hybrid at 75 Laguna

This exciting workshop explores '90s LGBTQ+ plays and playwrights and their enormous contributions to U.S. theatre. We'll read and discuss each play, giving an opportunity for actors and would-be actors to take the stage and bring the playwright's words to life. No experience is necessary for Places Please, just an interest in LGBTQ+ theatre.

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

Register with Armando: apaone@openhousesf.org or (415) 728-0194

Volunteer Appreciation Corner: Jack Bors (he/him)



Jack, a staple in Openhouse Volunteer Community, loves the diversity of people and activities here! He is an even-tempered, helpful, healer and continues to find integral ways of relating to our community. Jack is a lifelong volunteer and has done everything from mowing lawns to holding a Board spot for Marin AIDS Project (MAP) "I am proud to say that I went to a small retreat resulting in the national organization American Physicians for Human Rights (we were afraid back then to say "GAY")...The name has, thankfully, been changed Gay and Lesbian Medical Association (GLMA)" Thank you, Jack, for the way you make Openhouse a special and safe place.

Interested in volunteering? Contact Dottie: dluxenburg@openhousesf.org

Openhouse's Leadership Council on Queerness, Race, and Privilege Seeking Volunteers

The Leadership Council on Queerness, Race, and Privilege (LC) works to create programs and direction at Openhouse (OH) that focuses on recruiting and retaining African American, Asian American/Pacific Islander (AAPI), American Indian, and Latinx LGBTQIA2S individuals. Volunteers will work with current LC members 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. 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.

Please Note: the wrong email address appeared in the March Newsletter. If you previously applied and/or are interested in being a volunteer on the LC, contact:

ohleadershipcouncil@gmail.com

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

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Tech Support Volunteers Needed!

Got some time on your hands?! Openhouse is looking for supportive volunteers who are skilled with Zoom and other basic tech issues. Tech Support Volunteers help host virtual and hybrid programs and work with community members with various levels of tech understanding to navigate tricky moments with tech. Available hours for tech volunteers depend on the program.

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

Welcome Ash, our new Receptionist

Ash (he/they) comes from management in the retail sector but has vast experience and passion in many fields ranging from nonprofit work, outreach, activism, and volunteering. They have been on the front lines of meeting injustice head-on by helping write and lobby for AB 222 Dignity for All Students Act. They wish to grow with Openhouse, not just professionally but spiritually and emotionally as well. They are so honored to be part of such a unique, diverse, and caring group of individuals. Thank y'all so much for making them feel so welcomed, valued, and supported!

