

# A Message from Kathleen, Openhouse's Executive Director



Pride month was a blast with all that we had going on: the wonderful Juneteenth celebration, the Señora Fe-

licia Flames TGNCI Intergenerational Brunch, and the rest of the Pride Festivities! Coming together as community is uplifting and it is so fun to meet people in person.

We are busy putting together programs and delivering exceptional services as we always do. I wanted to also let you know that we are expanding our services to include a new mental health support program called PEARLS. It is in the pilot stage right now and is a positive approach to help older adults re-engage with their lives and communities. More information to come on this!

Looking forward to more programming on-site as we transition slowly out of the pandemic.

Cheers, and do stop by if you are in the neighborhood!

Kathleen

## JULY 2022

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*This year's Openhouse Pride theme was "Love is Ageless"*

# Starting this month!

## **"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](mailto:apaone@openhousesf.org) or (415) 728-0194

## **Join us for a new session of Reach Out, Come Out, Plug Back In** **Thursdays, starting July 14, 4 - 5:30PM, via Zoom**

The lasting impact of COVID-related isolation can be felt deeply by LGBTQ seniors. With the ever-changing prospect of being in-person, we may be confronting a wide range of feelings: emotional residue from the past; overwhelm at changes in restrictions and health expectations; and general uneasiness around engaging in person. This session will specifically engage questions about how awareness of our mortality influences our choices about love and friendship with self and others.

Join facilitator Den Reno, Ph.D., for a closed 8-week session. Space is limited and a conversation with the facilitator is required before joining.

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

## **End of Life Planning Workshop**

**Wednesday, July 20, 10AM - 12PM, via Zoom**

Join Brian Elliott-Pekrul from the Aids Legal Referral Panel (ALRP) and representative from Legal Assistance to the Elderly (LAE), for a presentation on the basics of end of life planning documents. In this presentation, we'll discuss simple wills, Advanced Health Care Directives, and Powers of Attorney and how to go about getting these important documents completed during this challenging time.



**LEGAL ASSISTANCE  
TO THE ELDERLY**

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

# Resources

## 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

## Affordable Housing Workshop:

July 14 and July 26, 2PM  
via Zoom

*Come demystify the 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

## Openhouse's Housing and ADRC Drop-In Hours

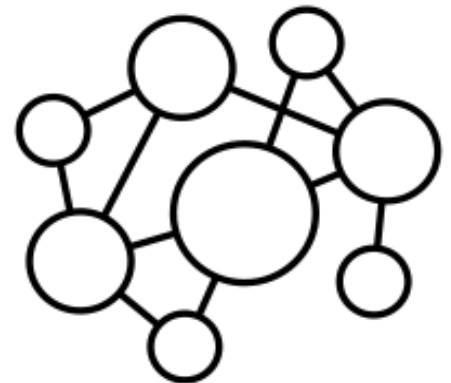
Wednesdays 1-4PM and Thursdays 9AM-12PM, 75 Laguna

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.



## Join the Gay Gray Writers!

Every other Tuesday, July 5 and July 19, 4PM - 6PM, via Zoom

The Gay Gray Writers (GGW), an Openhouse male-identified writing group, is currently open. As a self-directed group, GGW has adopted a non-academic format resembling a writing workshop, where written pieces are gently critiqued. Memoir has been the main type of writing generated by its participants however fiction, and other writing genres, are presented in our bi-weekly sessions. All levels of writing are welcome.



If interested, contact Luis de la Garza at [nosolotaxi@hotmail.com](mailto:nosolotaxi@hotmail.com) to submit a sample of your writing and to get more information about the group.

## Concert in the Courtyard

Tuesday, July 19, 2PM - 3PM, In-Person in the Courtyard at 75 Laguna



Join us for a performance and educational experience with Jerry Simas, a clarinetist with the SF Symphony Orchestra. Jerry is both a performer and music educator and has served as the San Francisco Symphony's Solo Bass Clarinet and Utility Clarinet since 2012. Light refreshments will be provided.

An RSVP is required to attend. Please RSVP by July 13

SF SYMPHONY

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

## Outing to the Haight Street Art Center: "Radical Solidarity"

Thursday, July 28, 2PM, Haight Street Art Center: 215 Haight St.

Join us for us a guided tour of "Radical Solidarity": a series of exhibitions from three generations of female artists from San Francisco. One of the artists featured is Openhouse community member Mari Tepper. "Laying It on the Line" is the first comprehensive survey of Mari's work, which explores her lifelong commitment to social justice and equal rights, whether it's to celebrate one's sexuality or advocate for access to housing and mental-health care.



RSVP required.

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



# Let's Hang Out!

## Join us for Rainbow Lunch!

July 11 and July 25, 12 -1:30PM  
In-Person at 75 Laguna

### Space is limited. RSVP required

Join us as we connect, hang out, 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

Please RSVP by the Friday before each Rainbow Lunch.

## Sister Circle:

### A Women's Social Group

Tuesday, July 26, 12 - 1PM  
Hybrid at 75 Laguna and on Zoom

We invite women of all expressions to join us either on Zoom or in person at 75 Laguna for some connection and good conversation. For those joining in person, we will be providing a small meal to go. For those joining via Zoom, we invite you to grab a cup of coffee and pull up a chair.

To join in person, an RSVP is required as space is limited.

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

## Tech Tips from Openhouse

If you are having trouble receiving e-mails from Openhouse, you are not alone. There is a frequent issue of e-mails from Openhouse being categorized as spam or junk by e-mail providers. Here are a few essential tips for receiving Openhouse e-mails more easily:

1. Always check your spam or junk folder before assuming you have not been sent an e-mail
2. Add the e-mail address that sent you the message to your address book
3. For repeating reminder e-mails for Openhouse programs: save a copy of the e-mail so that, if you do not receive it in the future, you will have a copy to access the program.



For tech help appointments, contact Faire: (415) 231-5883 or faire@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.**

# Get Connected

## **Self-Compassion and Belonging**

Tuesdays, 11AM - 12:30PM, via Zoom

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



## **LGBTQ Seniors with Chronic Physical Disabilities Support Group**

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

## **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

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

**Housing and ADRC Drop-In Hours: Wednesdays (1 - 4PM) and Thursdays (9AM - 12PM), 75 Laguna**

					1 Yiddish, 3 – 4:30PM Closed Group	2 Queer Elder Writing Workshop 12:30 – 2:30PM Art with Elders 2:30 – 4:30PM
3	4 <b>4th of July Openhouse Closed</b>	5 Self Compassion & Belonging 11AM – 12:30PM, RSVP req'd: X311 Basic French, 3 – 4:30PM Reg req'd: X305 Gay Gray Writers, 4 – 6PM, Reg req'd: X311	6 Tech Help Drop-In/Call-In Hours By appointment only: X322 "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	7 Drop-In Meditation, 11 – 11:45AM, Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM 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	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 Places Please Act 3 11AM – 12:30PM, Closed Group Rainbow Lunch, 12 – 1:30PM, 75 Laguna <b>Must register to attend: X311</b> Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 Beginning Japanese, 3 – 4:30PM Reg req'd: X305 "Trans Resilience" TGNC Support Group, 5:30 – 7PM, (415) 961-8378 for info	12 Self Compassion & Belonging 11AM – 12:30PM, RSVP req'd: X311 Basic French, 3 – 4:30PM Reg req'd: X305 Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 9669562941 or attend in person (415) 292-3420 for more info	13 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM RSVP req'd: X311 Intermediate Spanish, 3 – 4:30PM Reg req'd: X305	14 International Nonbinary Day 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 4 – 5:30PM, Reg req'd: X311	15 Muttville visit, 1 – 2PM 255 Alabama St Reg req'd: (628) 263-3262 Yiddish, 3 – 4:30PM Closed Group	16 Int'l Drag Day Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
17	18 Places Please Act 3, 11AM – 12:30PM, Closed Group Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 Beginning Japanese 3 – 4:30PM, Reg req'd: X305 "Trans Resilience" TGNC Support Group, 5:30 – 7PM, (415) 961-8378 for info	19 Self Compassion & Belonging 11AM – 12:30PM, RSVP req'd: X311 LGBTQ Seniors with Chronic Physical Disabilities Support Group 1 – 2:30PM, Reg req'd: X311 Concert in the Courtyard, 2 - 3PM See pg 4 for info Basic French, 3 – 4:30PM Reg req'd: X305 Gay Gray Writers, 4 – 6PM	20 End of Life Planning Workshop 10AM - 12PM, see pg 2 for info "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 LGBTQ Caregivers of those with Dementia Support Group 6 – 7:30PM, Reg 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 Reach Out, Come Out, Plug Back In 4 – 5:30PM, Closed Group	22 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	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 Places Please Act 3 11AM – 12:30PM, Closed Group Rainbow Lunch, 12 – 1:30PM, 75 Laguna <b>Must register to attend: X311</b> Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 Beginning Japanese, 3 – 4:30PM Reg req'd: X305 "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378	26 Self Compassion & Belonging 11AM – 12:30PM, RSVP req'd: X311 Sister Circle, 12 – 1:30PM 75 Laguna & online, RSVP: X311 Housing Workshop, 2 – 3:30PM RSVP req'd: X310 Basic French, 3 – 4:30PM Reg req'd: X305 Trans, 50+ & Fabulous, 5 – 6:30PM	27 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X311 Intermediate Spanish, 3 – 4:30PM Reg req'd: X305	28 Drop-In Meditation, 11 – 11:45AM, Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Closed Group Radical Solidarity Gallery Tour, 2PM Haight St Gallery, RSVP req'd: X311 Reach Out, Come Out, Plug Back In 4 – 5:30PM, Closed Group	29 Yiddish, 3 – 4:30PM Closed Group	30 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
31						

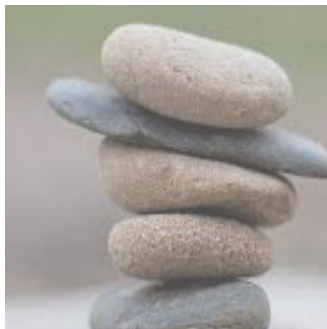
# Have Fun and Get Engaged!

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

## Muttville is back in person!

Friday, July 15, 1PM - 2PM

Muttville Headquarters:  
255 Alabama St.

Join us for a monthly in-person visit to Muttville where we hang out in the cozy Muttville headquarters where we'll enjoy each others' company and spend time with some delightful doggies!



**Space is very limited and an RSVP is required.**

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

## Join the Openhouse Walking Group

Friday, July 8 and July 22, 11AM - 12PM, 65 Laguna St

We invite you to join us every 2nd and 4th Friday of the month as we move together, talk, and explore the neighborhoods around Openhouse. Everyone is welcome.

On the 2nd Friday of the month (July 8), Muttville will bring their senior dogs to walk with the Openhouse Walking Group. You'll be able to walk the dogs if you'd like -- or just get in some good pets!



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

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

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



# Get Some Support

## 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

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

Friday, July 8 and July 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: [rsvp@openhousesf.org](mailto:rsvp@openhousesf.org)  
or (415) 231-5871

**VITAS**<sup>®</sup>  
Healthcare

## LGBTQ Caregivers of Those with Dementia Support Group

Wednesday, July 27, 6-7:30PM  
via Zoom

We welcome diverse LGBTQ caregivers to this monthly free drop-in support group.

**alzheimer's**   
association<sup>®</sup>

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](mailto: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.**

# Summer in the City Community Get-Together: Art Walk and Workshop

Thursday, August 18, 1PM - 4PM, 447 Minna St  
Must RSVP to participate in workshop



The afternoon will start with an Art Workshop hosted by the Community Arts Stabilization Trust outdoors in the park at 447 Minna St. Following the workshop, join us for an Art Walk featuring artists from the Openhouse Art With Elders class.



Art With Elders (AWE) - AWE uses the power of art, creativity, and community to enrich the journey of aging. AWE has been providing SF Bay Area seniors with art classes and exhibits for over 30 years. [www.artwithelders.org](http://www.artwithelders.org)

Community Arts Stabilization Trust (CAST) - Established in 2013, CAST is a nonprofit that creates permanent, affordable space for artists, creative entrepreneurs, and arts and culture organizations in the Bay Area.

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

## Wondering about the Openhouse Registration Form?

We might be reaching out to you to fill out or update your Openhouse registration

### Why fill out a registration?

- Filling out a registration ensures that we have a way to contact you! It also means we'll have an emergency contact in the event that something happens while at an Openhouse program.
- Registrations help us better understand who we are serving and provides information that informs the programming we offer.
- Filling out a registration helps the LGBTQ senior community to be seen and counted! Registrations allow us to demonstrate to our funders that we are serving our community. This helps us justify current funding and apply for more as we work to better serve our community.

A screenshot of the 'Openhouse Registration' form. The form is titled 'openhouse OPENHOUSE REGISTRATION' and includes a 'Date' field. It contains sections for 'IDENTIFICATION' (Last name, First, Date of Birth, Last 4 digits of SSN, Address, City, State, ZIP, Best phone no. to reach you, E-mail) and 'EMERGENCY CONTACT' (Last name, First, Relationship, Address, City, State, ZIP, Best phone contact no., E-mail). At the bottom, there is a note: 'Please take a few moments to tell us a little more about yourself. The information you share is CONFIDENTIAL. No identifiable information will be sold or shared. The information you provide helps us tailor our programs to the needs of the community.'

Fill one out today!  
<https://www.surveymonkey.com/r/PSXSD8X>

Registrations need to be filled out every 2 years and you can fill out as much information or as little information as you'd like.

**JULY 2022**

## Hybrid and In-Person Programming is Here!

### A note about RSVPing and location descriptions in the newsletter:

When looking at 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 takes 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 to come in person.

**In-Person:** this type of program takes place entirely in person. You will need to RSVP to attend all in-person programming.

**RSVPing:** to ensure we receive your RSVP, we encourage you to RSVP at least two days before the activity you’d like to attend.

