

A Message from Kathleen, Openhouse's Executive Director



September is the month for CBD!

That's Celebrating Bisexuality Day on September 23rd. The day is an annual holiday to celebrate the bisexual community.

More people in the LGBTQ community identify as bisexual than any other sexual orientation, and yet bisexuals are often invisible in our community. According to GLAAD, only 28% of bisexual people are out to friends and family members and half are not out to their co-workers. To our bisexual community members: Openhouse celebrates and appreciates you.

We have recently seen an uptick in hate crimes and violence in California and San Francisco where two elders were brutally attacked. The Asian Justice Movement held a town hall to address issues related to these hate crimes and Openhouse has offered its support to the movement.

Finally, as we have adjusted to life with COVID, and as some parts of life have opened up, we have a new challenge on our hands: Monkeypox. The viral disease is painful for those who contract it and the lack of an adequate amount of vaccine means more people are at risk. Our partners at SFAF are developing information flyers that we will forward to the community as soon as they are available.

Kathleen

SEPTEMBER 2022

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Community members enjoying the Summer in the City: Art Walk and Workshop event in August.

Coming Up this Month!

Queer and Trans People in the AAPI Movement

Thursday, September 8, 12:30PM - 1:30PM

In-Person at 110 Embarcadero and Online via Livestream



When people talk about the many attacks on Asian and Pacific Islander (API) people, they usually don't talk about gay or queer people. This special panel will highlight how these attacks are affecting the queer Asian community and how this silent violence is impacting their lives and the lives of their loved ones. It will also remove the veil of shame and secrecy around queerness that is experienced by many in the Asian diaspora.

Speakers include:

Cecilia Chung • Anjali Rimi • Mornigstar Vancil • Michelle Meow • John Zipperer

This program is free, thanks to generous supporters of The Michelle Meow Show at The Commonwealth Club.

To register: <https://www.commonwealthclub.org/events/2022-09-08/queer-and-trans-people-aapi-movement>

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

Drop-In Social Hours are Back!

2 - 3:30PM, in person at 55 Laguna, RSVP encouraged

Join us for a cup of coffee or tea, some treats, and some in-person socializing!



Women's Drop-In Social Hour:

Starting September 15, we welcome women of all expressions for a social hour happening twice a month.

Men's Drop-In Social Hour:

Starting September 22, we welcome men of all expressions for a social hour happening twice a month.

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

Learn New Recipes and Cook with Community all from the comfort of home...

Cooking Matters is Back!
Thursdays, Sept 8 - Sept 29
11AM - 12:30PM, via Zoom

Openhouse partners with 18 Reasons, a non-profit community cooking school, to offer online cooking classes! All skill levels are welcome as we learn or sharpen cooking skills and enjoy a shared meal. Each of the four classes features a new recipe, centering easy-to-prepare, flavorful, budget-friendly meals.

All necessary ingredients will be delivered to your home two-days before each class.

Interested? Contact Kevin at koneal@openhousesf.org or (628) 263-3282

Join the Openhouse Walking Group

Friday, Sept 9 and Sept 23
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 (September 9), **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 or (628) 263-3262

Openhouse LGBTQ+ Elder Housing Services Symposium: October 18 and 19 Virtual

The symposium works to educate aging services organizations, housing developers, social workers, and researchers in understanding the specific needs of our communities and how to

apply holistic approaches to housing. This year's symposium is choosing to expand beyond the walls of our coastal cities and instead turning to our rural and Native neighbors. Join us as we engage with the rural LGBTQ+ elder community to better understand their needs in housing development.

For more info and to register: <http://openhousesymposium.org/>

Produced in collaboration with **sage** Advocacy & Services for LGBTQ+ Elders

openhouse

Openhouse LGBTQ+ Elder Housing Services Symposium **October 18 & 19**

Expanding Beyond the Walls of Our Cities

Register Today!

Produced with generous support from **The Harry and Jeanette Weinberg Foundation**

Fair Media Council Folio Awards BEST IN SOCIAL ESTD. 1979

Celebrating Hispanic/Latino/Latina/Latinx/Latine Heritage Month September 15 - October 15

special thanks to Luis de la Garza for direct contributions to this article

This month recognizes the contributions and influence of Latino/e Americans to the history, culture, and achievements of the United States. There are 33 Latin American countries, 15 territories (with Spanish language as not their official language), and many with ties still to colonialist countries such as: United States (Puerto Rico), France (Martinique), Britain (Falkland Island), and the Dutch (Aruba). Latin America has a great number of indigenous peoples with their own languages, despite that they do not have a sovereign country of their own.

The term "Hispanic" gained traction in 1970 as it was used by the US Census to categorize a large sector of the US population. "Hispanic" refers to anyone from Spain or Spanish-speaking parts of Latin America, which has garnered some critique because of Spain's colonizing influence and because it is exclusionary to non-Spanish speaking countries in Latin America. In the 1990s, the term "Latino" became popularized as a more inclusive term. In the past 20 years, the terms "Latinx" or "Latine" gained use amongst some of the community for its gender neutrality.

As we know, language is always evolving, as are the words that we relate to and use to describe ourselves. In late August, a small group of Latino Openhouse community members and staff gathered to discuss what to call the celebration of this month and which terms the community most relates to. **This was the first ever gathering of its kind at Openhouse!** What came out of that conversation was a clear consensus that more community discussions are needed. See below for what's next in the conversation!



Outing to the SFMOMA: Diego Rivera Exhibit Thursday, October 13, 1PM

In celebration of Hispanic Heritage Month, join us for an art-filled outing to SFMOMA. We'll tour the museum as a group and view the Diego Rivera special exhibition!



Space is limited and we will be centering our Latino/a/x community members. When you register, please let us know if you'll need assistance with transportation getting to the museum.

Contact Kevin: koneal@openhousesf.org
or (628) 263-3282

Unidos/United! Monday, October 17 Time TBD, In-Person: 75 Laguna

Calling all Latinos to unite, talk about our cultural histories, and share our coming out stories

Our many different histories and lived experiences impact our community identities. Join us for an afternoon of conversation, connection, and lunch as we celebrate our community!

This event will be lifting and centering our Latino community members.

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

Let's Hang Out!

Join us for Rainbow Lunch!

Sept 12 and Sept 26, 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, Sept 27, 12 -1:30PM
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

Join Club 75!

Club 75 brings together elders who are 55+ and could benefit from assistance with daily activities in a supportive environment to enjoy LGBTQ-specific programming like cooking classes, creative writing groups, gardening, and daily movement. The group also plans one outing a month to explore anything and everything the bay has to offer!

We provide free transportation to and from our program, a hot meal, and snacks.

Interested in joining us? Contact Lunae Chrysanta at lchrysanta@openhousesf.org or (415) 231-5872 to learn more.

openhouse +  **ON LOK**

Community Day Services

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 Support

Living with Loss: Drop-In Grief Support Group Friday, Sept 9 and 23 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
or (415) 231-5871



LGBTQ Seniors with Chronic Physical Disabilities Support Group Tuesday, September 20, 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.

Contact rsvp@openhousesf.org or (415) 231-5871 for info and to join.

LGBTQ Caregivers of Those with Dementia Support Group Wednesday, Sept 28, 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: amellinger@openhousesf.org
or (415) 503-4180



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:
jjha@openhousesf.org or (415) 961-8378

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 (10AM - 1PM), 75 Laguna						
				1 Drop-In Meditation, 11 – 11:45AM, Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group	2 Yiddish, 3 – 4:30PM Closed Group	3 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM
4	5 Labor Day - Openhouse closed	6 Self Compassion & Belonging 11AM – 12:30PM, RSVP req'd: X311	7 "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	8 Drop-In Meditation, 11 – 11:45AM Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group AAPI Event, 12:30PM, see pg 2 for info Housing Workshop 2 – 3:30PM, RSVP req'd: X310	9 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 Closed Group	10 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Closed group
11	12 Places Please Act 4 11AM – 12:30PM, Closed Group 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 for info	13 Gay Gray Writers, 4 – 6PM (510) 333-4464 for info Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 9669562941 or attend in person (415) 292-3420 for more info	14 Tech Help Drop-In/Call-In Hours By appointment only: X322 "In the Life": Supporting LGBTQ POC, 11AM – 12:30PM RSVP req'd: X311 Intermediate Spanish, 3 – 4:30PM Reg req'd: X305	15 Lantine Heritage Month Begins Drop-In Meditation, 11 – 11:45AM Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group Women's Social Hour, 2 - 3:30PM 55 Laguna, RSVP: X311	16 Muttville visit, 2 – 3PM 255 Alabama St Reg req'd: (628) 263-3262 Yiddish, 3 – 4:30PM Closed Group	17 Queer Elder Writing Workshop 12:30 – 2:30PM Art with Elders 2:30 – 4:30PM
18	19 Bisexual Awareness Week 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	20 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	21 "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	22 Drop-In Meditation, 11 – 11:45AM, Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group Men's Social Hour, 2 - 3:30PM 55 Laguna, RSVP: X311	23 Native American Day Walking Group, 11AM – 12PM Reg req'd: (628) 263-3262 Drop-in Grief Support, 1 – 2:30PM Reg req'd: X311 Yiddish, 3 – 4:30PM Closed Group	24 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Closed Group
25	26 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 for info	27 Sister Circle, 12 – 1:30PM 75 Laguna & online, RSVP: X311 Housing Workshop 2 – 3:30PM, RSVP req'd: X310 Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 9669562941 or attend in person (415) 292-3420 for info Gay Gray Writers, 4 – 6PM (510) 333-4464 for info	28 Tech Help Drop-In/Call-In Hours By appointment only: X322 "In the Life": Supporting LGBTQ POC, 11AM – 12:30PM RSVP req'd: X311 LGBTQ Caregivers of those w/ Dementia Support Group 6 – 7:30PM, Reg req'd: X315	29 Drop-In Meditation 11 – 11:45AM, Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group	30 Yiddish, 3 – 4:30PM Closed Group	October 1 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Closed Group

Have Fun and Get Engaged!

Looking for intergenerational connection?

The MISCI Creative Engagement Program might be for you!

The MISCI Creative Engagement Program is looking for Openhouse community members interested in developing a creative project with younger people over the course of three months. This program will be held over the phone, video chat, or in person depending on what people are comfortable with. Openhouse partners with UCSF Global Brain Health Institute to offer this program and to study its impact on participants' health and well-being.

No background in the arts is necessary, only a willingness to connect and create with younger people!

Registration and eligibility required

To learn more and find out if you are eligible, contact Penn: (415) 535-2769 or pweldon@openhousesf.org



Completed project from previous MISCI session.

Join Openhouse at Muttville Friday, Sept 16, 2PM - New time! 255 Alabama St.

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



Space is limited and an RSVP is required.

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

Gay Gray Writers

Tuesdays, Sept 13
and Sept 27

4PM - 6PM via Zoom



The Gay Gray Writers (GGW), a male-identified writing group, is 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 participants however other writing genres are welcome!

All levels of writing are welcome.

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

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

Men's Drop-In Support Group

Mondays, 2 - 3:30PM

Hybrid: 75 Laguna and via Zoom

Join us in a friendly and supportive group where we discuss our shared experiences of aging and life. This is a non-judgmental space where we build community and combat isolation.

As we navigate this changing pandemic, there is a greater need for connection through emotional authenticity and bearing witness to each others' stories.

We look forward to meeting you!

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

Trans 50+ and Fabulous

Every 2nd and 4th Tuesday
5PM - 6PM, via Zoom

If you are trans or gender non conforming, are 50 and over and most importantly FABULOUS, then this is your group! Let's talk about everything that we didn't dare 'coz they thought we couldn't handle it. Facilitated by Erica from Trans Thrive.

For info and to RSVP:
Erica@sfcommunityhealth.org

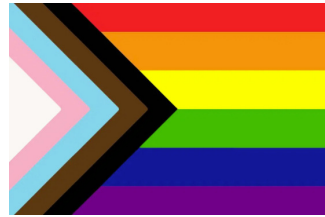


SAN FRANCISCO
COMMUNITY
HEALTH CENTER

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.

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

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: rsvp@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 you heard of the Home Delivered Groceries (HDG) Program?

If eligible, Openhouse's caring, committed volunteers can deliver a bag of fresh food to you each week that includes:

- Protein, such as chicken or eggs
- Grains, including rice, pasta, and cereal
- Seasonal fruits and vegetables

Please note: most of the groceries that are delivered require some cooking. If you are unable to cook, we can provide guidance to other food assistance programs available in San Francisco.



For more info, contact Kevin:
koneal@openhousesf.org
or (628) 263-3262

Lottery: Free Tickets to the SF Symphony Thurs, Sept 22, 7:30PM Davies Symphony Hall



On this special night, Music Director Esa-Pekka Salonen and the Symphony pay tribute to you—the Bay Area's many impactful community groups and nonprofit organizations—for your invaluable work in enriching our city.

Led by Esa-Pekka Salonen with the SF Symphony, this year's All SF Concert presents an imaginative rendering of Felix Mendelssohn's "A Midsummer Night's Dream", featuring an exciting artistic collaboration with actors of the African-American Shakespeare Company.

**To be added to the lottery:
contact rsvp@openhousesf.org**

We will notify winners by Sept 16!

Resources and Advocacy for LGBTQ Veterans

Legal Aid At Work and Impact Fund, two legal nonprofit organizations in the Bay Area, have been working with veterans discharged under Don't Ask, Don't Tell and predecessor policies for their actual or perceived sexual orientation. In particular, the organizations have helped veterans seek discharge upgrades for "less than honorable" discharges and remove indicators of sexual orientation on their discharge paperwork. They are now exploring advocacy with the Departments of Defense and Homeland Security to find a more systemic solution that is less burdensome on individual veterans.

**LEGAL
AID AT
WORK**

If you are interested in possibly joining this effort and would like to learn more, contact: Lynnette Miner at lminer@legalaidatwork.org or (415) 593-0122 (leave a voicemail if unanswered).

IMPACT FUND

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

SEPTEMBER 2022

Date Change!

Annual Howard Grayson LGBTQ+ Elder Life Conference

Saturday, Oct 8, 11AM - 4PM, In-Person at 75 Laguna

“To Your Queer Health: Public Health Organizing for the LGBTQ+ Community”

The last year has been a rough ride for San Francisco’s LGBTQ+ Community and its health. The COVID pandemic was especially hard on those already infected with HIV/AIDS; Monkeypox’s presence has impacted this already vulnerable population; and the Laguna Honda Hospital for long-term care is now threatened with closure. Join us to discuss and confront these and other vital issues facing our community. We also will honor those who have passed on in the last three years and those caregivers among us.

Free, Wheelchair Accessible, Lunch Served, All Welcome!
Masks are required when in the building at Openhouse.

For information contact: graysonconference@gmail.com



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.