

Our Pride Month In Pictures!

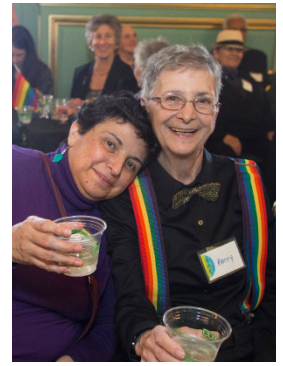


Photo credits: Bertie Brouhard, Saul Bromberger, Luis de la Garza, Joe Michael.



During our Pride planning this year we created the GenOut logo to abbreviate the phrase Generation Out- the first generations who lived out and proud lives. The logo includes the pink triangle, which has long been connected with LGBTQ activism. Free GenOut buttons are available at reception- please take one next time you stop by!

New This Month

Crucial Estate Planning Issues for LGBTQ Elders: Powers of Attorneys, Long-Term Care Planning, and Medi-Cal

Thursday July 12th from 1:30 PM to 3 PM at Openhouse Community Room, 65 Laguna Street

Presented by:
Alma Soongi Beck, J.D., LL.M. (Taxation) of Lakin Spears, LLP - Certified Specialist in Estate Planning, Trust & Probate Law, California State Bar



Are you or a loved one age 60 or older, and concerned about being able to afford long-term care in the home or elsewhere? Are you concerned about the government coming after your home or assets if you enroll in Medi-Cal to help pay for health care or long-term skilled nursing?

This workshop will debunk myths about Medi-Cal and long-term care options, highlight real risks, and explain how estate planning documents can protect you and your family, including special issues for married, unmarried, and same-sex couples. Come to this free legal workshop and learn how to protect the people closest to you!

RSVP to Manuel at 415.347.8509 or manuel@openhouse-sf.org

"Welcome to Openhouse!" Programs Mingle

1:30-2:30PM Friday, July 27th @BR 65 Laguna St.

New to Openhouse? Join us to hear the scoop about all that Openhouse has to offer from housing workshops, peer support groups, arts and culture, and other exciting happenings for LGBTQ seniors! Meet our friendly staff and volunteers, and make some new connections! Snacks provided. Stay for 4th Fridays Health & Wellness!

Welcome

Women's Afternoon at the Movies

We warmly welcome all women-identified LGBTQ community members to join us every 3rd Friday of the month to socialize and watch movies. Light snacks and refreshments will be served.



WHERE: Openhouse, Bob Ross LGBT Senior Center, 65 Laguna St.

WHEN: Every 3rd Friday from 1– 3:45PM

Questions: Please call Sylvia at 415-659-8123 or sylvia@openhouse-sf.org

Upcoming Films

**Fried Green Tomatoes*– 7/20/18

**Strangers in Good Company*– 8/17/18

**To Wong Foo, Thanks for Everything, Julie Newmar*– 9/21/18

**Boys on The Side*– 10/19/18

Support and Wellness Programs

Questions about any programs listed here?

Contact Ariel, OH Program Coordinator, at 415.503.4180 or email ariel@openhouse-sf.org.

Join us for a NEW monthly drop-in group: Conversations on Death and Dying July 11th, 5:30 – 7:00 pm, 65 Laguna Community Room

Join Openhouse for a NEW monthly discussion about the many aspects of death and dying. While this is not a grief support group, this conversation invites community members to participate in an open-hearted discussion where we can openly share thoughts and feelings about our own eventual death in a meaningful, dynamic space free from judgment. This group will take place the 2nd Wednesday of every month.

Facilitators:

Mark Thoma, LCSW is a medical social worker in home health and palliative care. In addition to the home health setting, he has worked in hospital social work, community case management, and university student services.

Join us for Session 3 of Openhouse Yoga for Older Adults!

This weekly class focuses on increasing flexibility, balance and strength and will be designed to be enjoyed by beginners and those with experience. The instructor offers a slow flow for all bodies, connecting breath and movement in a grounding, nourishing, and life-giving practice.

Instructor, Jay Helfand is a facilitator, educator, and body worker. They have been teaching yoga and somatics for queer, trans and disabled communities for the last 6 years. Jay also organizes with the White Noise Collective, gardens, reads poems, and goes on walks in the woods.



Space is limited and registration is necessary. If you are interested in registering for Session 3 please contact Ariel at (415) 503-4180 or ariel@openhouse-sf.org.

TAI CHI CLASS IS BACK IN JULY!

Thursdays from July 12th, 11-12PM @ OHC 55 Laguna

Learn this simplified Tai Chi specifically designed for older adults with Openhouse instructor, Patty Woods! This 8-week course is aimed at alleviating arthritic joint stiffness and improving balance. Please be sure to consult with your physician before starting this or any exercise program.



Patty Woods is a longtime Tai Chi practitioner and graduate of the Tai Chi for Health's Tai Chi for Arthritis and Fall Prevention training.

Registration is required.

Support and Wellness Programs

Questions about any programs listed here? Contact Ariel, OH Program Coordinator, (415) 503-4180 or email: ariel@openhouse-sf.org

Clearing House: Drop-in Clutter Support Group

Openhouse and the Mental Health Association of San Francisco welcome you to a support group for all LGBTQ community members age 55+ who "struggle with stuff."



The group is a non-judgmental, confidential, and supportive space where you can share your struggles and strategies with other LGBTQ folks.

Every 1st & 3rd Wednesdays 12:30-2PM

Fifty+ and Fabulous!

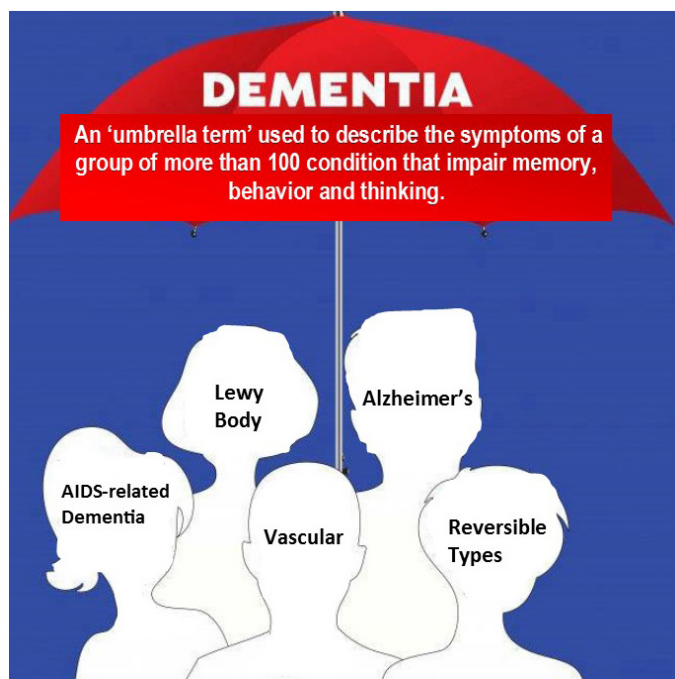
Trans Drop-In Group and Dinner

Trans Thrive and Openhouse join forces to offer a trans drop-in group, "Fifty+ and Fabulous!" This facilitated group welcomes all transgender folks in their golden years.

Group is free and food is served!

**Join us every 2nd and 4th
Tuesday of the month from 6-7:30PM
@ 730 Polk Street, 4th Floor**

For more info please email:
transthive@apiwellness.org
or (415) 292-3420 ext 348.



LGBTQ Group for Those who Care for Someone with Dementia in partnership with the Alzheimer's Association

We welcome diverse LGBTQ caregivers to this monthly, free drop-in support group. You may care for a partner, friend, neighbor, or family member routinely or from time to time, in your home or community, or even to someone you love over the phone or online. "Dementia" is an umbrella term and includes a vast range of symptoms and more than 100 conditions that impair memory, behavior and thinking. Caring for someone with dementia, whether mild or severe, is important work and inspires many questions about how to deal with what is.

We welcome you to join the conversation.

Group meets every 4th Wednesday 6-7:30PM

Questions? Call Ariel Mellinger at
(415) 503-4180 or email: ariel@openhouse-sf.org

Next meeting:

**July 25th from 6-7:30PM
Bob Ross LGBT Senior Center
65 Laguna St.**

The Marcy Adelman & Jeanette Gurevitch Community at 95 Laguna

Lesbian, Gay, Bisexual, and Transgender-Welcoming Housing for Seniors Age 62 and Older

Openhouse and Mercy Housing CA has broken ground on our second building located at 95 Laguna St. which will have 79 units of affordable senior housing welcoming to LGBTQ seniors. The building will also have 7,000 sq. ft. of activities space for YOU, our LGBTQ senior community! Stay tuned for updates on 75 and 95 Laguna as soon as they become available!

TIMELINE: When is this all happening?

- We anticipate that applications will be available Fall/Winter 2018 (approximately six months before move-in begins)
- Lottery: Early Spring 2019
- Move-in: Spring 2019
- Exact dates for these steps will be communicated as soon as we have the information

What should I be doing right now?

We encourage you and your friends to sign up for the interest list! Go to www.openhouse-sf.org/join95 to place yourself on the interest list. You can also join by completing an Openhouse Consumer Registration form and checking YES next to the question, "Are you currently looking for housing?" Everyone on the interest list will be the first to know when and where applications are available and the deadline for turning them in.

Where can I learn more about 95 Laguna and affordable housing options?

Come to an Openhouse Housing Workshop. We offer them twice a month, and once in Spanish. To hear the schedule for next month's workshops call 415-230-0634. RSVP is required to attend and you can RSVP at this number.

How can Openhouse support me?

Openhouse is here to support your housing search by offering assistance with completing housing applications; monthly communications containing updated housing list information in San Francisco Bay Area; Spanish translation of application forms; housing workshops (including one in Spanish), and one-to-one housing counseling.

BASIC ELIGIBILITY CRITERIA

What are the age and income requirements to live at 95 Laguna?

- At least one household member on the lease must be 62 years of age or older.
- Maximum income levels are gross before taxes and deductions based on 50% of Area Median Income (AMI) for San Francisco as published by the Mayor's Office of Housing and Community Development (MOHCD).

Attend an upcoming Housing Workshop! July dates:

English--Every 2nd Friday and 4th Tuesday of the Month: July 13th at 11AM and July 24th at 11AM

Spanish--Tuesday, July 31st 12PM

All workshops are held at Openhouse Bob Ross LGBT Senior Center at 65 Laguna Street.

At the end of the housing workshop, you can sign up to meet 1:1 with Jessi, our Housing Coordinator about specific questions regarding your housing search.

Community Engagement Programs

Questions about any programs listed here? Contact Ariel, OH Program Coordinator, (415) 503-4180 or email: ariel@openhouse-sf.org

Fourth Friday: The Healing Power of Dance, World Music, and a Positive-Lens
Friday, July 27th, 3:00 – 4:30 pm
55 Laguna St. Community Room, 2nd Floor

This world music and dance-filled free seminar will take you on an uplifting adventure where you'll be grooving and shaking! We'll be listening and dancing to music from all corners of the world while interweaving themes of gratitude, the healing power of movement, and strengthening our sense of beloved community. Dancing can help us connect with our most authentic selves, bring back memories from our youth, and create new memories that bring color and laughter into our lives. In this seminar, we'll be shaking our souls to beautiful rhythms from Ecuador to Egypt that help us stay rooted in the moment and amplify our positive mind-sets, which greatly affects how we interpret our inner and outer worlds.

Nayad Abrahamian, educator, healing artist, and dancer, has the honor of bringing the playful magic of world music, dance, and art to senior centers throughout the Bay Area. As a world dancer, Nayad specializes in Middle Eastern folk and belly-dancing, salsa, merengue, bachata, West-African, Indian bhangra and kathak, hip-hop, jazz, and flamenco. Nayad received her Masters in Learning and Teaching from the Harvard Graduate School of Education, focusing on social-justice education. She looks forward to connecting with you



FREE TICKETS

Theatre Rhino has extended a limited number of free tickets to Openhouse community members for the Saturday, July 14th 3pm showing.

For tickets, please email: theresa@openhouse-sf.org

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Men's Group 2-3:30PM @501 Castro St.	3 Gay Gray Writers 4-5:30PM @BR 65 Laguna St.	4 OPENHOUSE CLOSED FOR THE HOLIDAY	5 Grief Support Group, 4-5:30PM @BR 65 Laguna St. Reg. reqd. X315	6 Yoga 11-12PM, Reg. reqd. Yiddish 4-5:30PM @BR Reg. reqd. call X305	7 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna
8	9 LGBTQ Chat-1-2PM Info on pg.9 Men's Group 2-3:30PM @501 Castro St.	10 Trans 50+ & Fabulous Drop-In, 6-7:30PM @Trans Thrive	11 Drop-in Meditation 10-11AM @BR 65 Laguna St. Rainbow Lunch 12-1:30PM @OHC 55 Laguna St. RSVP reqd. X303 Open Death Conversation, 5:30- 7PM @ BR 65 Laguna St.	12 Tai Chi, 11-12PM, reqd. X315 See pg. 3 for info Men's Drop-In Social Hour 1:30-3PM @ OHC 55 Laguna St. Crucial Estate Planning Issues for LGBTQ Elders Workshop. See Pg. 2 Grief Support Group, 4-5:30PM, Reg. reqd. X315	13 Yoga 11-12PM, Reg. reqd. Housing Workshop, 11AM@BR 65 Laguna St. Visit Muttville w/ Openhouse! 2PM Call X315 Yiddish 4-5:30PM @BR Reg. reqd. call X305	14 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna Queer Elders Writing Workshop 12:30-3:30PM @PAWS
15	16 Men's Group 2-3:30PM @501 Castro St	17 New! Trans Elder Lunch, @OHC 55 Laguna St. 12-1:30PM RSVP reqd. X303 Gay Gray Writers 4-5:30PM @BR 65 Laguna St.	18 Drop-in Meditation 10-11AM @BR 65 Laguna St. Clearing House: Cluttering Support 12:30-2PM @BR 65 Laguna St. See pg. 4 FV Volunteer training 6-9PM @BR 65 Laguna St.	19 Tai Chi, 11-12PM, reqd. X315 See pg. 3for info Grief Support Group, 4-5:30PM @BR 65 Laguna St. Reg. reqd. X315	20 Yiddish 4-5:30PM @BR Reg. reqd. call X305 Women's Afternoon at the Movies, "Fried Green Tomatoes" 1-3:45PM, @BR 65 Laguna St.	21 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna FV Volunteer Discussion group, 10-11:15AM @BR 65 Laguna Queer Elders Writing Workshop 12:30-3:30PM @PAWS
22	23 LGBTQ Chat-1-2PM Info on pg.9 Men's Group 2-3:30PM @501 Castro St.	24 Housing Workshop, 11AM @BR 65 Laguna St. Sister Circle, 12-1:30PM @ OHC Gay Gray Writers 4-5:30PM @BR 65 Laguna St. Opera Group, 1PM @ OHC Trans 50+ & Fabulous Drop-In, 6-7:30PM @Trans Thrive	25 Drop-in Meditation 10-11AM @BR 65 Laguna St. Rainbow Lunch 12-1:30PM @OHC 55 Laguna St. RSVP reqd. X303 LGBTQ Caregivers of Those With Dementia Support Group, 6-7:30pm @ BR 65 Laguna	26 Tai Chi, 11-12PM, Reg. reqd. X315 See pg. 3 for info Men's Drop-In Social Hour 1:30-3PM @ OHC 55 Laguna St. Grief Support Group, 4-5:30PM @BR 65 Laguna St. Reg. reqd. X315	27 New Community Members "Welcome to Openhouse!" Programs Mingle 1:30-2:30PM @BR 65 Laguna St. 4th Friday Health & Wellness, 3-4:30PM @ OHC 55 Laguna St.	28 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna Queer Elders Writing Workshop 12:30-3:30PM @PAWS
29	30 Men's Group 2-3:30PM @501 Castro St.	31 Housing Workshop (en Español) 12PM @BR 65 Laguna St. Gay Gray Writers 4-5:30PM @BR 65 Laguna St.	1 AUGUST Clearing House: Cluttering Support 12:30-2PM @BR 65 Laguna St. See pg. 4	2 Grief Support Group, 4-5:30PM @BR 65 Laguna St. Reg. reqd. X315	3 Yiddish 4-5:30PM @BR Reg. reqd. call X305	4 Games 10AM-1PM @BR 65 Laguna Art Group 1:15-4PM @BR 65 Laguna Queer Elders Writing Workshop 12:30-3:30PM @PAWS

LOCATIONS: Openhouse (BR): Bob Ross LGBT Senior Center, 65 Laguna St. 415.296.8995 | Openhouse Community (OHC): 55 Laguna St.

Castro Community Meeting Room: 501 Castro (upstairs) | Muttville: 255 Alabama (off 16th) | Trans Thrive: 730 Polk St., 4th Floor | PAWS: 3170 23rd St. | SteppingStone: Mission Creek Adult Day Health Center 930 4th St.

Community Engagement Programs

Trans Elder Lunch



Openhouse honors transgender elders in our community! If you identify as a trans older person, we hope you'll join us for a new monthly lunch for trans elders at Openhouse!

Tuesday, July 17th
12-1:30PM at 65 Laguna St.

Please RSVP to Sylvia Vargas at 415-659-8123 or email sylvia@openhouse-sf.org.

Rainbow Lunch *a community gathering*

The goal of Rainbow Lunch is to bring seniors together to meet each other for social connection and make new friends in a safe and welcoming space.

Please call by noon Tuesday before Rainbow Lunch if you would like to attend. If folks do not RSVP, we cannot guarantee a spot at the lunch.

Please note: It is important for attendees to arrive no earlier than 11:45AM and no later than 12:30PM in order to ensure folks can be escorted up to the 2nd fl. Community Room at 55 Laguna.

RSVP required. Contact Sylvia for more details at (415)659-8123 or email sylvia@openhouse-sf.org.



LGBTQ Chat Group in collaboration with Senior Center Without Walls

This telephone-based group is held the 2nd and 4th Mondays of the month.

Community members can participate via phone or computer from the comfort of their own home. The chat is open to all LGBTQ seniors interested in connecting and building community over the phone. We create an inclusive and supportive space to share our stories and perspectives!

The group is facilitated by Sylvia Vargas, Openhouse Manager of Community Engagement.

For more information or to register, please call Senior Center Without Walls, toll-free at (877) 797-7299.

Sister Circle

a lunch discussion group

Many of us are still here living in the city! Let's get together to grow friendships and make new connections.

We warmly welcome all women-identified LGBTQ community members to join us for a monthly luncheon.



Tuesday, July 24th
12-1:30PM
55 Laguna St. Community Room

RSVP required. Contact Sylvia for more details at (415) 659-8123 or email sylvia@openhouse-sf.org.

Men's Drop-In Social Hour

2nd and 4th Thursdays, 1-3PM
55 Laguna Community Rm.

This group welcomes all male-identified community members for coffee, snacks and informal socializing.

Join us! For questions or more info, contact Peter on (415) 685-0886 or email peter@openhouse-sf.org.

LGBTQ Online Caregiver Discussion Group

Openhouse and Family Caregiver Alliance offer this Online Discussion Group as a place for LGBTQ caregivers of older adults with chronic health concerns to discuss the unique issues of caring for a partner, family member, friend, or loved one. This is a national online group. Caregivers with basic computer access (emails) are welcomed and encouraged to participate in this supportive space!

For more info contact Sylvia Vargas at (415) 659-8123 or email sylvia@openhouse-sf.org.

Community Engagement Programs

Would You Like a Visitor?

No matter our situation, we all need connection and community.



If you'd like someone to connect with, our Friendly Visitor program affirms that LGBTQ elders have lifetimes of experience, perspective and know-how. Friendly Visitor volunteers are honored to get to know you. We screen, train

and support all volunteers who spend time with community members for: home visits, walks in the park, outings to the museum, shopping, coffee and tea meet-ups, or just to chat and have some laughs.

To learn more about the program, please contact Sylvia 415.659.8123 or email sylvia@openhouse-sf.org.

MUTTVILLE senior dog rescue

Friday, July 13th
2PM @ 255 Alabama
(near Harrison & 16th)



Muttville's mission is to change the way the world treats older dogs and to create better lives for them through rescue, foster, and adoption.

Muttville is every 2nd Friday of the month and we invite you to join us. You'll hang out with a handful of sweet dogs in a cozy living-room like setting. You can also elect to walk with the dogs.

Please RSVP by calling 415.503.4180 or emailing ariel@openhouse-sf.org

New to Openhouse? We would love to hear your perspective!

Openhouse has an exciting opportunity to learn from you, our community! We've received funding to expand a few of our programs and evaluate their impact through a historic Community Participatory Research Project. We are seeking input from participants experiencing Openhouse programs for the first time, so that we can measure if they make a difference in the lives of LGBTQ seniors. More specifically, the focus of our research project is to look at impacts related to participation in Openhouse Lunches, Support Groups, and Friendly Visitor visits.



We are seeking community members age 55+ who have attended 5 or FEWER Openhouse activities in the past 2 years. If eligible, participants will be offered an incentive to enroll in the study and to complete several surveys in the next 18 months. Participation is completely

PLEASE NOTE: Weekly Drop-In Meditation at Openhouse is Going on Hiatus!
Our weekly drop-in meditation group will be on hiatus after July.
Look for more details about this class in the fall.

Lifelong Learning

BrushUpOnAForeignLanguage!(Somepreviousknowledgeisrequired.)

Yiddish Language and Culture (Some knowledge of the language is required.)

Fridays 4-5:30PM @ Openhouse Community Room, 65 Laguna St., Bob Ross LGBT Senior Center. For questions, or to register for programs listed here, contact Armando, OH Education Coordinator by calling 415.728.0194 or emailing armando@openhouse-sf.org.

Do you have an interest or hobby to share with Senior Community?

Are you a former teacher? Are you passionate about a particular subject, hobby, etc. that you would like to share with your community? If you are interested in volunteering some "teaching time"? Armando our Education Coordinator would love to meet you! Please contact him by calling 415.728.0194 or emailing armando@openhouse-sf.org.

Openhouse is Changing Aging Services: New Program with SteppingStone!

Is it hard for you to get around to health appointments and social events? Feeling overwhelmed? You don't have to do it alone. This joint program is here for you.

We are thrilled to announce that Openhouse is partnering with SteppingStone to transform their center into an LGBTQ-affirming Adult Day Health Program located on beautiful Mission Creek! SteppingStone serves lesbian, gay, bisexual, transgender, and queer frail seniors and adults (18+) with physical, mental and developmental disabilities who have high blood pressure, cardiovascular conditions, diabetes, stroke, dementia and any other challenging health conditions. Steppingstone offers nursing, personal care, physical therapy and other health-related services, in order to support the health and wellbeing of LGBTQ people living independently and aging in community. In addition to health services, SteppingStone also provides community, meals, and transportation to and from the Center. Please email D. Hilton at dhilton@steppingstonehealth.org, or SteppingStone Social Work Department at 415-974-9784 x15 to take a tour or to learn more about the program. Stay tuned for LGBTQ-specific programs at the Center, coming soon!



SteppingStone
Your Path to Health and Independence

The paths we walk down are many so I've had to choose wisely. I felt lost and hopeless at times and my arrival at SteppingStone has given me a new outlook on life and I'm now looking forward to the journey ahead. But mostly it's the people I have met and the terrific staff who do so much to make it possible! As a member of the LGBTQ Community, I have felt respected and cared for as an elderly openly gay male. My voice and my opinion have been respected and I feel as if though the pieces of my life are coming together." —Tom Conlogue, current participant (pictured with his partner of 39 years)

