

## 95 LAGUNA: LGBTQ-WELCOMING SENIOR HOUSING LOTTERY APPLICATIONS OPEN DECEMBER 7th - 14th



Do you have questions about 95 Laguna? If the pre-recorded info on our housing hotline **415.230.0634** doesn't answer them, our Housing Coordinator, Aisling, will be hosting drop-in Question & Answer Sessions at Openhouse:

- **Saturday, December 1st from 1:30-5pm**
- **Wednesday, December 5th from 4pm-6pm**
- **Thursday, December 6th from 10am-12pm**
- **Saturday, December 8th from 1:30-5pm**

We are here to help! Get in-person support and free computer and wifi access:

	Openhouse Bob Ross LGBT Center: 65 Laguna St.	SF LGBT Center 1800 Market St.
Fri 12/7	12pm-5pm	noon-4pm
Sat 12/8	10am-1pm	10AM -1pm
Sun 12/9	10am-5pm	N/A
Mon 12/10	9am-7pm	N/A
Tue 12/11	9am-7pm	11am-6pm
Wed 12/12	9am-7pm	4pm-7pm
Thur 12/13	9am-7pm	3pm-6pm
Fri 12/14	9am-5pm	noon-5pm

95 LAGUNA HOUSING HOTLINE: 415.230.0634

[www.openhouse-sf.org/95Laguna](http://www.openhouse-sf.org/95Laguna)



Openhouse has some holiday fun planned this month! Check out pg. 8 for details!

# Support and Wellness

## Coming Soon: White Privilege Workshop

Feb 8th and Feb 9th, 10AM – 4PM, 55 Laguna St.

RSVP Required. Ariel Mellinger (415) 503-4180 or [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)

Racism deeply impacts our LGBTQ community and we believe that white people have a particular role to play in ending racism. It can be incredibly difficult, often confusing, and deeply painful to acknowledge our privilege as white folks as we simultaneously live with the often traumatic history that comes with being LGBTQ older adults. It is ok to be afraid. We carry the grief and pain of racism. As white people, we have been conditioned by our culture not to talk about race and our complicated identities.

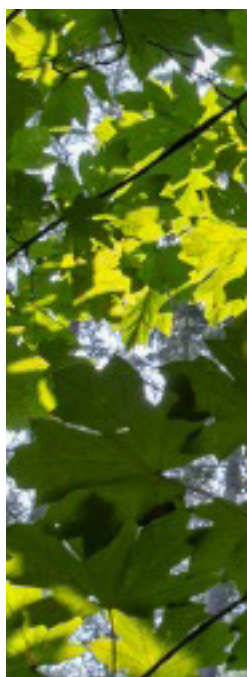
Join Openhouse for a two-day exploration of soul-searching and skill-building to learn how to better connect around conversations about race and racism. We are excited to offer a space to reflect, be curious, and compassionately examine whiteness, our relationship to it, how it impacts our role in racism, and how we can grow beyond our conditioned ways of being. We welcome all white-identified LGBTQ older adults to this workshop. This work is truly about the journey, not the destination.

## Living with Loss: Drop-In Grief Group

1st and 3rd Fridays, 1 – 2:30PM

Bob Ross LGBT Senior Center

65 Laguna St.



Join Openhouse and VITAS Healthcare for a drop-in grief support group for LGBTQ older adults who have experienced loss and are looking for support in a safe, welcoming environment. There is no cost for this group and no on-going commitment to attend.

The group is co-facilitated by Dale Poland and Jane Litman. No need to RSVP

For questions, contact Dale Poland at 408.964.6866 or [dale.poland@vitas.com](mailto:dale.poland@vitas.com).

## Making Sense of Our Dreams

Monday afternoons

Beginning mid-January

Bob Ross LGBT Senior

Center, 65 Laguna St



Are you interested in talking about, exploring, and understanding your dreams? Join other members for the Openhouse community in a 10-week group that will focus on coming together as a group to process and make sense of ours and each others' dreams.

This group is facilitated by Maggie Furey, MSW and requires an interview prior to enrollment.

For more information and to set up an interview, contact Maggie Furey at 415.296.8995 S315 or [mfurey@openhouse-sf.org](mailto:mfurey@openhouse-sf.org)

# Support and Wellness Programs

Questions about any programs listed here? Need to RSVP?

Contact Ariel, OH Program Coordinator, at 415.503.4180 or email [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org).

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## Drop-In Meditation is back!

Mondays, from Jan 14th, 11AM-12PM, Bob Ross LGBT Senior Center, 65 Laguna

Come find some space in the chaos and learn some tools to get along skillfully and with awareness in this complex world. We are so excited to bring back this weekly drop-in practice and to welcome David Lewis, our long-time instructor, and Kathy Barr, our newest instructor to the Openhouse practice. We invite all levels of practitioners--as well as those who are just interested in seeing what meditation is all about--to join us!

## Tai Chi for Arthritis & Fall Prevention

Thursdays, beginning Jan 17th  
11AM – 12PM, 55 Laguna St.

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.

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

Contact Ariel: 415.503.4180 or [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)

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## Death and Dying: A Conversation

Friday, Dec 14th, 11:30-1PM, 55 Laguna St. Community Room. *No RSVP required*

*"Considering your death before it happens, in as much advance as possible, [brings] up so, so much... But isn't that what it deserves? Isn't that what your life and death deserves? Life is precious because you're going to die. How you live your life deserves regular consideration of that fact."* (Author unknown)

Join Openhouse for a drop-in conversation to consider your own death and dying. While not a grief support group, this program invites an open-hearted discussion where we can share thoughts and feelings about our own eventual death in a meaningful, dynamic space free from judgement. This group is facilitated by Ariel Mellinger, ASW.

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## MUTTVILLE senior dog rescue

Friday, December 10th, 2PM  
255 Alabama St.



We visit Muttville 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.

Let Ariel know if you can join. Contact info above.

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

PLEASE NOTE: Special Holiday Hours  
Wednesday, December 19th, 6 – 7:30PM  
Bob Ross LGBT Senior Center, 65 Laguna St.

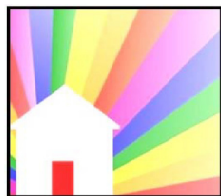
We welcome diverse LGBTQ caregivers to this monthly, free drop-in support group. Caring for someone with dementia, whether mild or severe, is important work and inspires many questions about how to deal with what is. We welcome you to join the conversation.

3 No need to RSVP!

# Support and Wellness Programs

Questions about any programs listed here? Contact Ariel, OH Program Coordinator, 415.503.4180 or email: [ariel@openhouse-sf.org](mailto: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 1<sup>st</sup> & 3<sup>rd</sup> 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 2<sup>nd</sup> and 4<sup>th</sup>**

**Tuesday of the month from 6-7:30PM**

**@ 730 Polk Street, 4<sup>th</sup> Floor**

For more info please email:

[transthive@apiwellness.org](mailto:transthive@apiwellness.org)

or 415.292.3420 ext 348.



## **LGBTQ Chat Group**

in collaboration with Well-Connected

This telephone-based group is held 2<sup>nd</sup> and 4<sup>th</sup> 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 Ariel Mellinger, ASW.

**For more information or to register, please call Senior Center Without Walls, toll-free at**

## **LGBTQ Online Caregiver**

### **Discussion Group**

For more info: [sylvia@openhouse-sf.org](mailto:sylvia@openhouse-sf.org)

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!



## **Join our focus group: LGBTQ Perspectives on Dementia**

Do you have early stage dementia or are you the caregiver for someone with dementia? Openhouse, in partnership with Alzheimer's Association and Family Caregiver Alliance, is re-writing our LGBTQ Dementia Care Training for Service Providers and we want YOUR input! Transgender people, African American, Latinx and Native American people are highly encouraged to participate. \$50 gift card offered for participation, as well as transportation and caregiver respite as needed. If interested, please contact: Beck Epstein, Training and Outreach Manager at (628) 208-0851 or [beck@openhouse-sf.org](mailto:beck@openhouse-sf.org)

# Housing

Call the Openhouse 95 Laguna Housing Hotline for updates at 415.230.0634.

## Welcoming Aisling, our new Housing Coordinator

Aisling Peterson (she/her) is joining the Openhouse team as Housing Coordinator. She will be helping community members with their search for affordable housing through housing workshops, one-on-one appointments, and support via phone and email. After 3 years working with nonprofits focusing on women's and gender issues, she is looking forward to bringing her passion for her community to her work with us. When she's not at work, Aisling can be found knitting, listening to Prince, and continuing on her mission to watch every lesbian movie ever made.



## Housing Workshops at Openhouse



Need help understanding how to apply for affordable senior housing in San Francisco? Openhouse is here to help! Join us for an hour-long presentation at Openhouse where we cover the basics you need to know as you look for housing. We will decode the process of applying and suggest next steps. We've added more workshops this month. Check calendar for December workshop listings.

RSVP required. Contact Aisling at 415.685.0886 or [apeterson@openhouse-sf.org](mailto:apeterson@openhouse-sf.org)

## ROOMMATE MATCHING

Seeking creative ways to share expenses? Have you considered looking for a roommate to apply for housing with and to help stretch your resources? Stop by our office to add your name to the "Roommate Matching Binder." This is an entirely self-serve resource; Openhouse won't be facilitating any matches.

Please note: it's important to remember that any information you share in the binder will be available for others to see.

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

Openhouse has an exciting opportunity to learn from you, our community! Through participation in the CRDP (California Reducing Disparities Project), we are looking for input from participants experiencing Openhouse programs for the first time. We are measuring if our programs make a difference in the lives of LGBTQ seniors and we want to hear from you! If eligible, participants will be offered an incentive for enrolling. Participation in the CRDP is completely voluntary and does not impact participation in Openhouse programs.

For questions about how to enroll in the evaluation or to learn more about the CRDP please contact Ariel at 415.503.4180 or or [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)

# Lifelong Learning

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## Gay Films: From Self-Doubt to Celebration

1st and 3rd Wednesdays, 12:30 – 3:30PM, 55 Laguna St. Community Room

Led by Ralph Beren, Ed. D., a long time film buff, stand up-up comic and former head of SFSU's Teacher Training Program, we will discuss how the films presented offer a different perspective on society's view of the gay and lesbian community.

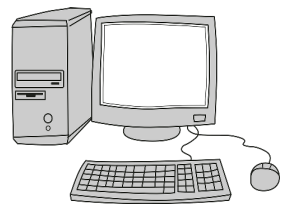
### Upcoming Films:

Dec. 5th: Milk Dec. | 19th: The Kids Are All Right | Jan. 2nd: Moonlight

### **Registration required.**

Contact Armando Paone at 415.728.0194 or [armando@openhouse-sf.org](mailto:armando@openhouse-sf.org) to register.

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## Are you feeling technologically challenged? Something new is coming to Openhouse just for you!

Openhouse is starting a new computer course aimed at helping you navigate the world of the internet and smartphones. To best serve you, we've created a survey to gauge your technology needs. There are several

ways to give your input:

1. Type this link into your browser: <https://www.surveymonkey.com/r/33PH9GG> and fill out the survey.
  2. For non-computer users, contact Armando Paone at 415.728.0194 or [armando@openhouse-sf.org](mailto:armando@openhouse-sf.org) for a paper copy of the survey. We will also distribute surveys during our activities. In order for us to implement this program in a timely manner, we would appreciate your feedback as soon as possible.
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## Openhouse Holiday Celebrations!!

### Elder Youth Holiday Party!

Friday, December 14th 3:30-5pm in the 55 Laguna Community Room

Join the 6th graders of CASA (Children's After School Arts) in spreading some holiday cheer! Card making, cookie decorating, and board games await, along with some delicious holiday refreshments! RSVP encouraged- let us know you'll be dropping by, RSVP to [rachael@openhouse-sf.org](mailto:rachael@openhouse-sf.org)

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### Join Openhouse and SteppingStone for a Holiday Spectacular!

Wednesday, December 19th, 1 – 3PM, 225 Berry St, Second Floor

Come celebrate the holidays with fabulosity! We'll be serving lunch and the Tenderloin Queen's Revue will be serving you some amazing drag performances.

RSVP required: please contact: D. Hilton (510) 863-0359 or

[dhilton@steppingstonehealth.org](mailto:dhilton@steppingstonehealth.org)

**The application period for 95 Laguna will begin the afternoon of Friday, Dec. 7th and will end Friday, Dec. 14th at 5pm. See front page of newsletter for more details.**

Dec. 1 **World AIDS Day**  
 Games, 10AM - 1PM, BR 65 Laguna St.  
 Focus Group for Lesbian and Bisexual Women of African American Descent  
 12 - 2PM, 726 Fulton St. RSVP req'd, X309  
 Queer Elders Writing Workshop  
 12:30 - 3:30PM, PAWS  
 Art Group **CANCELLED TODAY**

2	<p>3 Trans People of Color Focus Group, 1 - 3PM, 65 Laguna St, RSVP X317</p> <p>Men's Group, 2 - 3:30PM 501 Castro St</p> <p>Self-Compassion Group, 4:30 - 6PM X315 for info</p>	<p>4 Gay Gray Writers, 4 - 5:30PM BR 65 Laguna St.</p> <p>Intro to Spanish, 6 - 7:30PM BR 65 Laguna St. Reg. Req'd</p>	<p>5 Clearing House: Cluttering Support, 12:30 - 2PM 65 Laguna</p> <p>Gay Films Class, 12:30 - 3:30PM OHC 55 Laguna. Reg req'd</p>	<p>6 Spirituality &amp; Aging 2:30 - 3:45PM, BR 65 Laguna Registration required</p> <p>Intermediate Italian, 4 - 5:30PM OHC 55 Laguna, Reg req'd, X305</p> <p>Grief Group, 4 - 5:30PM</p>	<p>7 Housing Workshop, 11AM RSVP required, X319</p> <p>Living with Loss: Drop-in Grief Support 1 - 2:30PM, 55 Laguna St.</p> <p>Yiddish, 4 - 5:30PM, BR 65 Laguna St. Registration required, X305 for info</p>	<p>8 Games <b>CANCELLED TODAY</b></p> <p>Queer Elders Writing Workshop 12:30 - 3:30PM, PAWS</p> <p>Art Group <b>CANCELLED TODAY</b></p>
9	<p>10 LGBTQ Chat, 1 - 2PM Info on pg. 9</p> <p>"A Great Ride" Film Screening 1 - 3PM, OHC 55 Laguna, RSVP</p> <p>Men's Group, 2 - 3:30PM 501 Castro St.</p> <p>Self-Compassion Group, 4:30 - 6PM LOCATION CHANGE TODAY</p>	<p>11 Intro to Spanish <b>CANCELLED TODAY</b></p> <p><b>Trans 50+ &amp; Fabulous Drop-In 6 - 7:30PM, Trans Thrive</b></p>	<p>12 Rainbow Lunch, 12 - 1:30PM 55 Laguna St., RSVP req'd. X322</p>	<p>13 Men's Drop-In Social Hour, 1:30 - 3PM, OHC 55 Laguna St.</p> <p>Spirituality &amp; Aging, 2:30 - 3:45PM LOCATION CHANGE TODAY</p> <p>Intermediate Italian, 4 - 5:30PM OHC 55 Laguna, Reg req'd, X305</p> <p>Grief Group, 4 - 5:30PM LOCATION CHANGE TODAY</p>	<p>14 Conversation on Death and Dying 11:30AM - 1PM, OHC 55 Laguna St.</p> <p>Visit to Muttville, 2PM, 255 Alabama St.</p> <p>Housing Workshop, 2PM RSVP required, X319</p> <p>Elder Youth Holiday Party, 3:30 - 5PM OHC 55 Laguna</p>	<p>15 Friendly Visitor Volunteer Discussion Group, 10-11:15AM, BR 65 Laguna</p> <p>Games 10AM - 1PM, BR 65 Laguna St.</p> <p><b>Special Event!</b> Queer Elders Writing Workshop <b>Public Reading</b> 12:30 - 3:30PM, PAWS</p> <p>Art Group 1:15 - 4PM, BR 65 Laguna St.</p>
16	<p>17 Men's Group, 2 - 3:30PM 501 Castro St.</p>	<p>18 Trans Elder Lunch 12 - 1:30PM, OHC 55 Laguna X322 for info</p> <p>Gay Gray Writers 4 - 5:30PM</p> <p>Intro to Spanish, 6 - 7:30PM BR 65 Laguna St. Reg. Req'd</p>	<p>19 Clearing House: Cluttering Support, 12:30 - 2PM 65 Laguna</p> <p>Gay Films Class, 12:30 - 3:30PM OHC 55 Laguna, Reg req'd</p> <p>Special Sister Circle Event! 12:15 - 2:15PM, RSVP required See ad for more info</p> <p>Holiday Spectacular! 1 - 3PM 225 Berry St. See ad for more info</p> <p>LGBTQ Caregivers of those with Dementia Support Group 6 - 7:30PM, BR 65 Laguna St</p>	<p>20 Spirituality &amp; Aging, 2:30 - 3:45PM BR 65 Laguna, Reg required</p> <p>Intermediate Italian, 4 - 5:30PM OHC 55 Laguna, Reg req'd, X305</p> <p>Grief Group, 4 - 5:30PM Registration required</p>	<p>21 Living with Loss: Drop-in Grief Support 1 - 2:30PM, BR 65 Laguna St.</p> <p>Women's Afternoon at the Movies 1 - 4PM, New Location! OHC 55 Laguna</p> <p>Yiddish, 4 - 5:30PM BR 65 Laguna Registration required, X305 for info</p>	<p>22 Games 10AM - 1PM, BR 65 Laguna St.</p> <p>No Queer Elders Writing Workshop</p> <p>Art Group 1:15 - 4PM, BR 65 Laguna St.</p>

23	<p>24 LGBTQ Chat, 1 - 2PM Info on pg.9</p> <p>Men's Group, 2 - 3:30PM 501 Castro St.</p>	<p><b>Openhouse offices are closed December 25th through January 1st.</b></p> <p><b>We look forward to seeing you in the new year when we re-open on January 2nd!</b></p>				
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# Community Engagement Programs

Questions about any programs listed here or to *RSVP*?

Contact Faire, OH Activities Coordinator, 415.231.5883 or [ffaircloth@openhouse-sf.org](mailto:ffaircloth@openhouse-sf.org)

## Trans Elder Holiday Lunch



Tuesday, December 18th. 12-1:30PM  
55 Laguna Community Room

Come enjoy some holiday spirit with fellow transgender elders! We'll be having a special holiday meal to warm the spirits during this cold time of the year. If

you identify as a trans older person, we hope you'll join us for our monthly lunch for trans elders at Openhouse!

## Sister Circle - special holiday luncheon

Wednesday, December 19th, 12:15PM – 2:15PM, 600 The Embarcadero (cross street Brannan Street)

We welcome women-identified folks to come together to celebrate the holidays at Delancey Street Restaurant.

Please contact Faire on details above to RSVP. RSVP required no later than Friday, December 7th at 5pm (Limited spaces and guest pre-selected meal order required)

## Rainbow Lunch *a community gathering*

Due to Openhouse office closure on the Wednesday the 26th Rainbow Lunch will only be held on Wednesday December 12th. Please join us for a unique opportunity to be with community to socialize, laugh, feel supported, and make new friends in a safe and welcoming space. Due to the wonderful popularity of the lunch, please RSVP no later than 10AM the Monday before the luncheon. RSVP required. We ask folks to please arrive no earlier than 11:45AM and no later than 12:30PM to ensure folks can be escorted up to the 2nd Floor Community Room at 55 Laguna St. Please RSVP to Faire using details above.

## Men's Drop-In Social Hour

Thursday, Dec.13th, 1:30 – 3PM, 55 Laguna Community Room.

Due to Openhouse office closure on December 27th, we will only be having one Men's Drop-in Social at Openhouse this month. Let's stay connected during this holiday season!



## The holidays can be difficult and we want to keep our community safe!

Those who feel sadness, loneliness, or isolation may experience it more acutely during this time. You are not alone. We are here with you to build a community that looks out for each other. Every community experiences a higher risk of suicide during the holidays. If you or someone you know is thinking of attempting suicide, please call 911. We care about you and want to keep our community safe. Here are some resources that can help:

SF Suicide Prevention Hotline: (415) 781-0500 or 800.273.8255 (available 24 hrs a day)

Institute on Aging Friendship Line: (800) 971-0016 (available 24 hrs a day)

Trans Lifeline: (877) 565-8860 (7am – 1am everyday)

HIV Nightline: (415) 434-2437 (available 24 hrs a day)

Mobile Crisis: (415) 970-4000 (Mon – Fri, 8:30AM – 11PM, Weekends: 12 – 8PM)



# Community Engagement Programs

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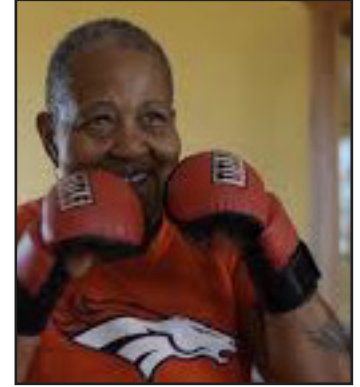
## Women, Aging, & Activism:

### Documentary Screening & Discussion of "A Great Ride"

Monday, December 10th, 1-3PM

55 Laguna St. Community Room

RSVP preferred



Join Openhouse for a screening and discussion of Deborah Craig's documentary entitled, "A Great Ride." This film offers a group portrait of pioneering older lesbians such as Sally Gearhart, Brenda Crawford, and Shirley Liberman, who live in LGBTQ-friendly retirement communities in the Bay Area and are aging with dynamism, determination, humor, and a zest for life.

Film and discussion facilitated by the filmmaker, Deborah Craig and Jana Rickerson LCSW. RSVP to Faire Faircloth at 415.231.5883 or [ffaircloth@openhouse-sf.org](mailto:ffaircloth@openhouse-sf.org)

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## Women's Afternoon at the Movies: New Location!

Friday, December 21st, 1 - 4PM. 55 Laguna St. Community Room

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.

### Upcoming Film: TBD

For more info, contact Sylvia at 415.659.8123 or [sylvia@openhouse-sf.org](mailto:sylvia@openhouse-sf.org)

## Get Involved: Intergenerational Opportunities

### The MISCI Pilot for Creative Engagement matches college

students with older adults to develop a creative project together over the course of 3 months. Openhouse is partnering with UCSF Global Brain Health Institute to offer this program aimed at building relationships and exchanging stories across generations. This project studies its impact on participants' health and well-being and seeks their feedback in shaping the program as it grows. No background in arts is required, only a willingness to connect and create!



**Mentoring Across Generations (MAG)** is a program designed to promote intergenerational co-mentoring relationships between younger and older LGBTQ+ adults. Over the course of a year, you will meet with your partner and a cohort of MAG participants to build an intergenerational community and to pursue a personal learning goal!

To learn more and find out if you are eligible, contact Ray at 415.259.4140 or [rtsukayama@openhouse-sf.org](mailto:rtsukayama@openhouse-sf.org).

# Support and Wellness

## Join us for a new session of Spirituality and Aging

Thursdays, beginning Jan 10th, 2:30-3:45PM, Bob Ross LGBT Senior Center at 65 Laguna St.

Spirituality and religion in the LGBTQ+ community have not always had a smooth relationship. Yet we know that spiritual and religious practices can play a significant role in some LGBTQ+ older adults' lives and identities, contributing to both well-being and quality of life, especially as we look for ways to find a deeper meaning in life as we age. This group will create a space for members to process and discuss our varied experiences of, and journeys through, spirituality as LGBTQ+ older adults.

This group is facilitated by José Buenrostro, M.S. and Maggie Furey, MSW and requires an interview prior to enrollment.

Registration is required. For more info and to set up an interview, contact José Buenrostro at 415.231.5871 or [jbuenrostro@openhouse-sf.org](mailto:jbuenrostro@openhouse-sf.org)

## Embracing Sexuality as We Age: Two new groups beginning Feb '19!

We are so excited to bring back this offering in a new form: with separate groups for female-identified and male-identified community members. These groups aim to create dynamic spaces to talk about how we can understand, accept, and embody our sexuality as we age. We will explore the many aspects of sex and sexuality and how they relate to other parts of our lives while also supporting and learning from one another. We uphold the idea that all bodies are desirable and worthy of sex (when, and if you want it!).

The female-identified group will be facilitated by Maggie Furey, MSW and Ariel Mellinger, ASW. The male-identified group will be facilitated by José Buenrostro, M.S. An interview with the facilitator is required prior to enrollment.

Registration and interview are required. For more info and to set up an interview, contact Ariel at 415.503.4180 or José at 415.231.5871

## Monthly Lectures and Appointments with Nurse Jim at Openhouse

January 14th , 2019 at Openhouse. Lecture 1:30-2:30, Consultation Hours 2:30-4:30

Do you have questions about medications? Need information about managing chronic medical conditions? Want to learn more about how to improve your overall health as you age? If so, Ask the Nurse is for you!

Jim Gatewood, RN, PhD, Nurse Navigator at SteppingStone Adult Day Care Center, is available to answer questions and present information on medical topics relevant to the LGBTQ older adult community. Schedule individual appointments to talk with Jim about your specific needs or call the new Ask the Nurse! helpline. Medical information shared with Jim is kept confidential with SteppingStone per HIPAA guidelines.

Please note: the nurse cannot diagnose, prescribe, or give medical advice. Ask the Nurse is for informational purposes only and is not a substitute for diagnosis or treatment by a medical provider. Contact your primary care physician or provider for more information.

To secure a consult meeting contact 415-231-5883 Ext. 322