



## *Thank you, Openhouse Community, for a wonderful Pride month!*

From the LGBTQ Senior Prom and the Sisters of Perpetual Indulgence Pride Celebration, to the Trans Intergenerational Brunch and the Pride Parade, it has been a gift to honor our histories, our present, and our futures while celebrating with you. We are so proud to be part of such a dynamic, vibrant, and powerful community. This community has fought tirelessly for the rights we have today. See page 11 for information about a recent victory for LGBTQ seniors in San Francisco. Happy Pride!

---

### **4th Friday Health & Wellness: "Aging and Sexuality"**

Friday, July 26, 3-4:30PM, 55 Laguna Community Room. No need to RSVP.

Join Openhouse for a free presentation by Bart Shulman and Ramón Matos Lasa from UCSF Alliance Health Project. They will present information about aging and sexuality and facilitate small group discussions where participants can talk about their experiences as well as give and receive support in a safe environment. The facilitated discussion may include topics such as defining what aging means, what is sexuality, the impact of grief and loss on social isolation, and exploring how community support can be both energizing and exhausting.

*Presenters:*

**Barton Shulman**, is a licensed professional clinical counselor, national board-certified counselor (LPCC, NCC), and gender specialist, working full-time as an individual and group psychotherapist at UCSF Alliance Health Project, where he is a member of the gender team providing services to the trans and gender-non-conforming community.

**Ramón Matos Lasa**, is a licensed marriage and family therapist (LMFT) and is a program manager at the UCSF Alliance Health Project where he is responsible for managing behavioral health services. He has worked in the HIV/AIDS field since 1987.

# Resources and Referrals Navigation

---

## 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.



Workshops are held at Openhouse, Bob Ross LGBT Senior Center, 65 Laguna St. on:

Friday July 12, **2PM** | Tuesday July 23, **11AM**

To register, contact Tajinder Virdee at (415) 347-8509 or [tvirdee@openhousesf.org](mailto:tvirdee@openhousesf.org)

---

## Resource Corner: Specialized Phone

Need a more accessible phone? California Phones is an official state program that offers free specialized telephones for eligible Californians. These include captioned phones, portable phones, mobile accessories, and speech assist features. They also offer phones with bigger buttons and enhanced volume control. Applications for these phones require a signature from a medical provider.

For more information and to apply, contact Tajinder Virdee, Resources and Referrals Navigator at 415-347-8509 or stop by drop-in hours, Wednesdays and Thursdays, 10AM-12:30PM and 1:30-4PM to pick up an application.

## Openhouse's Aging and Disability Resource Center Drop-in Hours

For more info contact Tajinder Virdee at (415) 347-8509 or [tvirdee@openhousesf.org](mailto:tvirdee@openhousesf.org)

Do you need help navigating the resources and services that are available to you in the city? Want assistance filling out tricky applications or getting connected to activities you'd actually enjoy? Or are you just looking for some extra support in your housing search?

Join our Resources and Referrals Navigator, Tajinder Virdee, for weekly drop-in hours! Wednesdays and Thursdays: 10AM – 2:30PM and 1:30-4PM

---

## ***Join our volunteer family! We couldn't do what we do without you!***

Interested in lending Openhouse a hand? We have multiple needs for volunteers. Our volunteers are a critical part of our Openhouse family and their efforts make a big impact on our community!

If you're interested, please get in touch with Kirk Lorenzo at (415) 231-5888 or [klorenzo@openhouse-sf.org](mailto:klorenzo@openhouse-sf.org) for more details.

*We look forward to having you join our family!*



# 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)

---

## **Staying Connected to Services "In the Life": A Discussion Group for LGBTQ People of Color. Final Meeting Monday, July 8**

2-3:30PM, 225 Berry St.

RSVP required. Please contact D. at (510) 863-0359 or [dhilton@steppingstonehealth.org](mailto:dhilton@steppingstonehealth.org)

Join us for the final installment of this discussion group in partnership with Steppingstone for LGBTQ people of color. Prejudice, bias and bureaucracy make government systems almost impossible to cope with every day; it's a struggle. Come share your tips, strategies and support with others in a positive environment. We will learn together how to get what we want from community resources, support services and government benefits.

This group is facilitated by Myles Dixon who has a Masters in Health Systems Administration and has both personal and professional experience working with health-related community organizations.

---

## *New Language Programs Coming to Openhouse in July*

**Wednesdays, July 17 - August 28 (no class on July 31), 4 - 5:30PM**

**Bob Ross LGBT Center at 65 Laguna St.**

Registration Required. Contact Armando at (415) 728-0194 or [armando@openhouse-sf.org](mailto:armando@openhouse-sf.org)

Join Openhouse for some "armchair travelling" this summer with our resident linguist, Armando Paone, as he guides you on a tour of the five romance languages that evolved from the original Latin of ancient Rome.

Why does Italian have that special flavor in its accent? Why does French sound so much like French? Why are Spaniards the only Latins who have a lisp in their speech? Why are Portuguese and Spanish so close yet so far? Is Romanian a blend of Italian and Polish?

Come learn the answers to these and other related questions through sitting back and listening. No homework and no exams!

## **Basic Conversational Japanese**

**Mondays, July 8 - August 26, 4 - 5:30PM, Bob Ross LGBT Center at 65 Laguna St**

Registration Required. Contact Armando at (415) 728-0194 or [armando@openhouse-sf.org](mailto:armando@openhouse-sf.org)

This course will concentrate on the basics of conversational Japanese while exploring the history and culture of Japan through the lens of language.

Classes will be presented by Daniel Stewart, Ph.D.. Dan has lived in Japan and has been teaching Japanese history and culture for 15 years at Cabrillo College.

# 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)

---

## Sisters on the Move

Friday, July 19, 11AM - 12:30PM  
Meet at Openhouse located at 65 Laguna St. at Bob Ross LGBT Senior Center. RSVP required to receive a reminder call.

Contact Faire at (415) 231-5883.

Come walk, roll, or stroll at your own pace. Don't be shy! Come commune and explore with other LBT women-identified community members and their friends. All movement assistance devices are welcome. We move locally near 65 Laguna on the flattest streets around. Hearty and robust walkers are encouraged as well. We won't hold you back! Snacks and water provided.



## Sister Circle

Tuesday, July 23, 12-1:30PM  
at 55 Laguna Community Room  
RSVP required.

Many of us are still living in the city! Let's get together to grow friendships and make new connections. We warmly welcome all women-identified community members to join us for a luncheon on the 4th Tuesday of every month.

Contact Faire at (415) 231-5883.

---

## Women's Afternoon at the Movies is on hiatus

Women's Afternoon at the Movies is cancelled this month. We will be back soon with more wonderful films for women-identified LGBTQ community members.

In the meantime, if there are films you'd like to see shown by Openhouse, contact Faire at [ffaircloth@openhouse-sf.org](mailto:ffaircloth@openhouse-sf.org) or (415) 231-5883.

## 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!



## Openhouse is looking for group facilitators!

We are looking to build our facilitator base and would love to chat with you! We are looking for folks who have experience facilitating diverse groups. Contact Ariel to learn more and to join Openhouse as a group facilitator at (415) 503-4180 or [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org).

# 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)

---

## **TransGenerational Luncheon (formerly Trans Elder Lunch)**

Tuesday, July 16, 12-1:30PM at 55 Laguna Community Room

**This month join us for a special celebration in honor of International Drag Day!**

Creating connections across generations is key to building a stronger community, reducing isolation, and passing on our histories. This lunch is for ALL trans, gender queer, and nonbinary folks. We hope you'll join us every 3rd Tuesday for a monthly lunch for the TGNC community at Openhouse!



## **Rainbow Lunch**

*a community gathering*

2nd and 4th Wednesdays, 12-1:30PM

55 Laguna Community Room

RSVP to Faire at (415) 231-5883

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 11:45PM and no later than 12:30PM to ensure folks can be escorted up to the 2nd Floor.

## **Men's Drop-In Social Hour**

2nd and 4th Thursdays, 1:30-3PM

at 55 Laguna Community Room

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



## **New to Openhouse? We want 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 community members experiencing Openhouse programs for the first time.

If eligible, participants will be offered an incentive for enrolling. Participation in the CRDP is completely voluntary and does not impact your ability to access Openhouse programs.

To learn more about this opportunity and other programs at Openhouse, contact Ariel at (415) 503-4180 or [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)

# Support and Wellness Programs

Questions about programs listed here? Contact Ariel, Support and Wellness Coordinator, (415) 503-4180 or email: [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)

## Trans/Gender-Variant Support Group at SteppingStone

July 1 and 15, 2 - 3:15PM, 225 Berry St. Registration required.

Join ROAR for Aging for a biweekly support group for transgender and gender-variant people at SteppingStone Mission Creek. This is an open-ended drop-in group where members can share their stories, seek referrals and advice, and cultivate a sense of community. This group is facilitated by D. Hilton, ASW. It is free and requires an interview with the facilitator prior to enrollment.

For more info and to set up an interview, contact D. at (510) 863-0359 or [dhilton@steppingstonehealth.org](mailto:dhilton@steppingstonehealth.org)



**SteppingStone**  
Your Path to Health and Independence

## **MUTTVILLE** senior dog rescue

**Friday, July 12, 2PM 255 Alabama St.**

RSVP to Ariel at (415) 503-4180

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 us know if you can make it. Contact Ariel at (415) 503-4180 or email [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)



## Yoga for Older Adults

Thursdays, beginning August 22, 11AM – 12PM

55 Laguna Community Room. Registration is required.

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

New to yoga? Haven't done it in a while? You're invited! This is a class for you to explore, no matter where you're coming from, and towards your own goals for practice. 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 Tzvia Helfand is a facilitator, educator and graduate student in Somatic psychotherapy. 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.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Pride Parade Join Openhouse in the parade! RSVP req'd: (415) 259-4140	1 <b>Openhouse Offices Closed</b> Trans/Gender-Variant Support Group, 2 - 3:15PM, 930 4th St. Reg Req'd: (510) 863-0359	2 iPhone Class, 2-4PM 1663 Mission St. RSVP to X305  Intro to Spanish, 6-7:30PM BR 65 Laguna St. Reg. req'd	3 Clearing House: Cluttering Support 12:30 - 2PM, BR 65 Laguna St.  Android Class, 2 - 4PM 1663 Mission St., RSVP to X305	4 <b>Openhouse Offices Closed</b>	5 Living with Loss: Drop-in Grief Support, 1-2:30PM, BR 65 Laguna  Yiddish, 4-5:30PM BR 65 Laguna, Reg req'd X305	6 Games, 10AM-1PM, BR 65 Laguna  <b>No Art Group Today: Hiatus</b>
7	8 Drop-In Meditation, 11AM -12PM BR 65 Laguna St.  LGBTQ Chat, 1-2PM  "In the Life" Discussion for LGBTQ People of Color, 2 - 3:30PM 930 4th St, Reg req'd: (510) 863-0359  Men's Group, 2-3:30PM, 501 Castro DIFO, 5:45-7:15PM, BR 65 Laguna Reg Req'd	9 <b>End of Life Planning Workshop 1 - 3PM, enter at BR 65 Laguna St. RSVP req'd: X315</b>  iPhone Class, 2-4PM 1663 Mission St. RSVP to X305  Gay Gray Writers, 4-5:30PM BR 65 Laguna St.  Intro to Spanish, 6-7:30PM BR 65 Laguna St. Reg. req'd	10 Rainbow Lunch, 12-1:30PM OHC 55 Laguna St. RSVP req'd: X322  Android Class, 2 - 4PM 1663 Mission St., RSVP to X305	11 Basic Computer Skills 12 - 2PM, 1663 Mission St. Req Req'd: X305  Men's Drop-In Social Hour 1:30-3PM, OHC 55 Laguna St.  Grief Group, 4:15 - 5:30PM BR 65 Laguna, Reg. Req'd X315	12 Housing Workshop, 2PM BR 65 Laguna St. RSVP req'd, X313  Visit to Muttville, 2PM 255 Alabama St, RSVP to X315  Yiddish, 4-5:30PM BR 65 Laguna, Reg req'd X305	13 Games, 10AM-1PM, BR 65 Laguna  Queer Elders Short Stories 12:30-3:30PM, PAWS, X322 for info  <b>No Art Group Today: Hiatus</b>
14	15 Drop-In Meditation, 11AM-12PM BR 65 Laguna St.  Trans/Gender-Variant Support Group, 2 - 3:15PM, 930 4th St. Reg Req'd: (510) 863-0359  Men's Group, 2-3:30PM, 501 Castro  DIFO, 5:45 - 7:15PM, BR 65 Laguna Reg Req'd	16 Happy International Drag Day!  iPhone Class, 2-4PM 1663 Mission St. RSVP to X305  TransGenerational Lunch 12-1:30PM, OHC 55 Laguna X322 for info	17 Clearing House: Cluttering Support 12:30-2PM, BR 65 Laguna St.  Android Class, 2 - 4PM 1663 Mission St., RSVP to X305	18 Basic Computer Skills 12 - 2PM, 1663 Mission St. Req Req'd: X305  Grief Group, 4:15 - 5:30PM BR 65 Laguna, Reg. Req'd X315	19 Living with Loss: Drop-in Grief Support, 1-2:30PM, BR 65 Laguna  Sisters on the Move, 11 - 12:30PM BR 65 Laguna St. RSVP: X322  Women's Afternoon at the Movies on hiatus  Yiddish, 4-5:30PM BR 65 Laguna, Reg req'd X305	20 Games, 10AM-1PM, BR 65 Laguna  Queer Elders Short Stories 12:30-3:30PM, PAWS, X322 for info  <b>No Art Group Today: Hiatus</b>
21	22 Drop-In Meditation, 11AM -12PM BR 65 Laguna St.  LGBTQ Chat, 1-2PM  Men's Group, 2-3:30PM, 501 Castro DIFO, 5:45-7:15PM, BR 65 Laguna Reg Req'd	23 Housing Workshop, 11AM BR 65 Laguna St. RSVP req'd, X313  Sister Circle, 12-1:30PM OHC 55 Laguna, X303  Gay Gray Writers, 4-5:30PM BR 65 Laguna St.	24 Rainbow Lunch, 12-1:30PM OHC 55 Laguna St. RSVP req'd: X322  LGBTQ Caregivers of those w/ Dementia Support Group, 6-7:30PM, BR 65 Laguna St	25 Basic Computer Skills 12 - 2PM, 1663 Mission St. Req Req'd: X305  Men's Drop-In Social Hour, 1:30-3PM, OHC 55 Laguna St.  Grief Group, 4:15 - 5:30PM BR 65 Laguna, Reg. Req'd X315	26 4th Friday Health & Wellness "Aging and Sexuality", 3-4:30PM enter at BR 65 Laguna  Yiddish, 4-5:30PM BR 65 Laguna, Reg req'd X305	27 Friendly Visitor Discussion Group 10 - 11AM, BR 65 Laguna St.  Games, 10AM-1PM, BR 65 Laguna  Queer Elders Short Stories 12:30-3:30PM, PAWS, X322 for info  <b>No Art Group Today: Hiatus</b>
28	29 Drop-In Meditation, 11AM-12PM BR 65 Laguna  Men's Group, 2-3:30PM, 501 Castro  DIFO, 5:45-7:15PM, BR 65 Laguna Reg Req'd	30	31	August 1  Grief Group, 4:15 - 5:30PM BR 65 Laguna, Reg. Req'd X315	2 Living with Loss: Drop-in Grief Support, 1-2:30PM, BR 65 Laguna St.  Yiddish, 4-5:30PM BR 65 Laguna Reg req'd X305	3 Games, 10AM-1PM, BR 65 Laguna  Queer Elders Short Stories 12:30-3:30PM, PAWS, X322 for info  <b>No Art Group Today: Hiatus</b>

**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 16<sup>th</sup>) | Trans Thrive: 730 Polk St., 4<sup>th</sup> Floor | PAWS: 3170 23<sup>rd</sup> St. | SteppingStone: Mission Creek Adult Day Health Center 930 4th St.**

# Support and Wellness Programs

Questions about programs listed here? Contact Ariel, Support and Wellness 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**

**Bob Ross LGBT Senior Center, 65 Laguna St.**

## **Drop-In Meditation**

Mondays, 11AM – 12PM, Bob Ross LGBT Senior Center, 65 Laguna St.

Come find some space in the chaos and learn some tools to get along skillfully and with awareness in this complex world.

Instructors David Lewis and Kathy Barr invite all levels of practitioners--as well as those who are just interested in seeing what meditation is all about--to join us!

*This program is co-sponsored by Openhouse and Shanti.*

Questions? Contact Ariel at (415) 503-4180

## **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 homes. 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 877.797.7299.

## **End of Life Planning Workshop**

Tuesday, July 9, 1 - 3PM. Enter at Bob Ross LGBT Center  
65 Laguna St. RSVP required

Everyone can benefit from end-of-life planning. In this presentation with attorneys from the AIDS Legal Referral Panel and Legal Assistance to the Elderly, you will learn the basics of end-of-life planning, including will preparation, Advanced Healthcare Directives, and Powers of Attorney. Presenting attorneys will provide an overview of the items needed to create end-of-life planning documents, a review of the decisions that an individual needs to make in order to complete the documents, and an opportunity to begin the process of drafting documents. For attendees who are prepared and bring identification (driver's license, ID or passport), attorneys will also be available to draft and notarize these documents.

For info or to RSVP, contact Ariel at (415) 503-4180 or [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)

# Support and Wellness Programs

Questions about programs listed here? Contact Ariel, Support and Wellness Coordinator, (415) 503-4180 or email: [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)

---

## 12-week Grief Group beginning in July

Openhouse is pleased to bring back the Grief Support Group for individuals seeking to attend to their sadness through personal reflection and shared experience. Grieving can bring forth inner reactions which guide us in knowing more about ourselves and, in turn, one another. The aim is to have the group develop to become a major healing experience during one's journey of grief.

Group Facilitator, Den Reno, PhD is a licensed psychologist who has led grief groups at Openhouse for over 5 years. An individual introductory session (45 minutes each) with Den is required to confirm the group is a good fit for your needs.

For more info or to schedule an interview, contact Ariel at (415) 503-4180

---

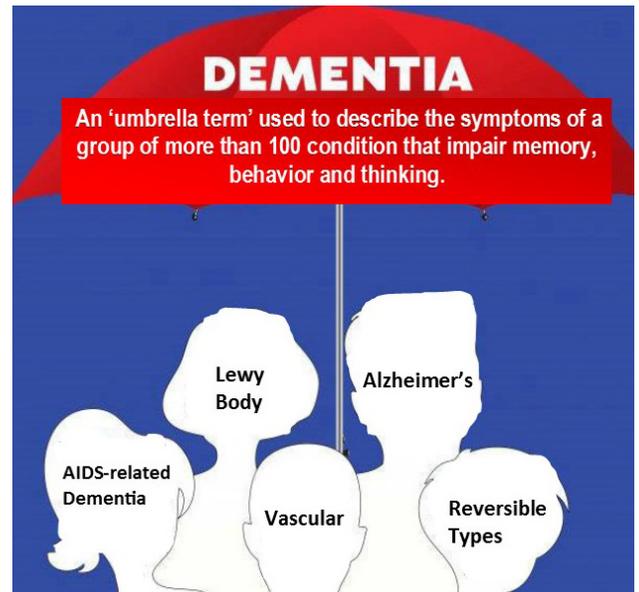
## LGBTQ Caregivers of those with Dementia Support Group

~~in Partnership with the Alzheimer's~~  
Wednesday, July 24, 6 - 7:30 PM

Bob Ross LGBT Senior Center at  
65 Laguna St. *No need to RSVP!*

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.

Contact Ariel for more info at (415) 503-4180 or email [ariel@openhouse-sf.org](mailto:ariel@openhouse-sf.org)



---

## Living with Loss: Drop-In Grief Group

1st and 3rd Fridays, 1-2:30PM at Bob Ross LGBT Senior Center  
65 Laguna St. No need to RSVP

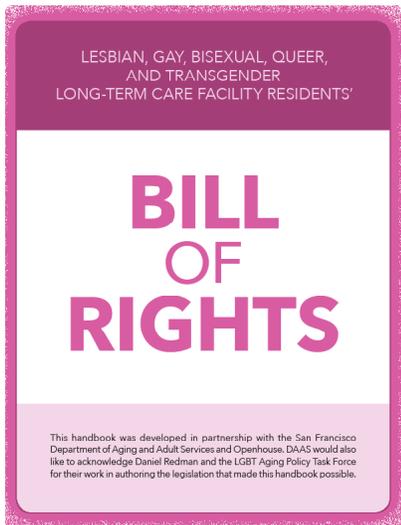
Join Openhouse and VITAS Healthcare for a drop-in grief support group for LGBTQ older adults who have experienced loss and are looking for support in a safe, welcoming environment. There is no cost for this group and no on-going commitment to attend. The group is co-facilitated by Dale Poland and Jane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

For questions, contact Dale Poland at (408) 964-6866 or [dale.poland@vitas.com](mailto:dale.poland@vitas.com).

# LGBTQ+ Residents Bill of Rights in Long-Term Care

Our Lesbian, Gay, Bisexual, Transgender, and Queer+ communities have been fighting long and hard to have access to safe housing and healthcare. We all deserve respect. We must always protect our right to safety.

The City of San Francisco, through unanimous action by the Board of Supervisors, passed an ordinance signed by the Mayor calling for the establishment of a Bill of Rights for LGBTQ+ residents in long-term care facilities. Openhouse partnered with the Department of Aging and Adult Services to develop a handbook that spells out the regulations contained in the ordinance. It is intended to serve as a readily accessible outline for LGBTQ+ residents and their families, management, staff, and volunteers in long-term care facilities in San Francisco. The Bill of Rights appears below. If you or someone you know is living in a long-term care facility, Openhouse can train their staff on the Bill and other best practices to help create safer spaces for you and other LGBTQ+ residents. Contact Schmian, Openhouse Training and Outreach Manager at (415) 231-5889 for more information about bringing a training to your facility.



**Did you know that Openhouse is working to change the landscape of aging services in San Francisco?**

Openhouse's Training and Transformation Program offers training and technical assistance to providers in diverse settings from senior centers to hospitals, housing sites to programs that deliver meals to your home. We call our trainings LGBTQ Aging Cultural Humility which centers the lived experiences, histories, and resiliency of our communities so that providers can learn how to enhance their services to meet the distinct needs of LGBTQ seniors. Our community deserves to age with dignity and respect!

## LGBTQ+ LONG-TERM CARE FACILITY RESIDENTS' BILL OF RIGHTS

Residents in Long-Term Care Facilities have all the rights below without regard to a person's actual or perceived sexual orientation, gender identity, gender expression, or HIV status.

- ▼ Resident's admission to a facility, transfer within, or to another facility, cannot be based on a person's actual or perceived sexual orientation, gender identity, gender expression, or HIV status. A resident will not be involuntarily discharged based on above.
- ▼ Residents can share a room at their request.
- ▼ Where rooms are assigned by gender, an individual's request based on their gender identity will be honored.
- ▼ A resident will not be involuntarily reassigned to a different room based on any person's complaints or concerns about gender identity or gender expression.
- ▼ Resident's choice of restroom based on gender identity or gender expression will be respected.
- ▼ Resident's preferred name and pronouns will be used.
- ▼ Resident may wear or be dressed in clothing, accessories, or cosmetics of their choice.
- ▼ Residents have the right to associate with others of their choice and engage in sexual intimacy.
- ▼ Residents will receive medical and non-medical care that is appropriate to a resident's organs and bodily needs, and will be provided in a respectful and appropriate manner.