Dear Community Members, Supporters and Openhouse Friends,

I know that the past few weeks have been difficult for everyone as the city of San Francisco and Bay Area have transformed to "shelter in place" to try to stop the spread and outbreak of the CoronaVirus (COVID-19). As you know, the San Francisco Department of Public Health and the Mayor issued a health order that directs all residents to remain at their place of residence, except to conduct essential activities. The order required all businesses to cease operations unless they are performing essential services. In addition, when conducting an allowed activity or function, people must maintain at least 6 feet of social distancing from everyone other than household members.

First, I want to assure you Openhouse is continuing to operate and fulfill our organizational mission. Our work in providing services, housing and community to LGBTQ seniors is absolutely considered essential in this time. I am so grateful to the amazing staff at Openhouse who have worked so hard to quickly adapt and change the way we operate to ensure services would not be interrupted. We started making calls out to our community members on Friday last week with the intent to call every senior who has walked through our door since July 2019 as quickly as possible.

I am so grateful to our small but mighty team who are going on-site each day to ensure operations are in place to support all the functions happening from home and to ensure the phone is answered by a live and friendly voice during our business hours. I'm also grateful for our case management staff who are working closely to support their clients by phone and coordinating with the Mercy Housing team to provide additional support and services to the residents at 55 and 95 Laguna.

While many of you have likely already received a call from a staff member, please know that you can reach out and request help at any time. Call the Openhouse main number (415-296-8995) and we can connect you to assistance with housing and services and/or set you up with a phone support call. If it's after hours, you can also leave a message requesting assistance.

We are all in this together.

In Community,

Karyn Skultety, PhD

P.S The press release and public health order from SFDPH can be found here: https://bit.ly/3dsuN3A

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 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. Join us online or over the phone.

Thursday, April 16, 2 PM
To join the workshop online, go to https://zoom.us/j/633854617, or call 1 (669) 900-6833.

Tuesday, April 21, 2PM
To join the workshop online, go to https://zoom.us/j/339128886, or call 1 (346) 248-7799.

To register, contact Jessi Lawrence at (415) 231-5870 or jlawrence@openhouse-sf.org

Join us from home for a phone-based LGBTQ Discussion Group!
In collaboration with Well-Connected

This telephone-based group is held 2nd and 4th Mondays, 1-2PM

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!
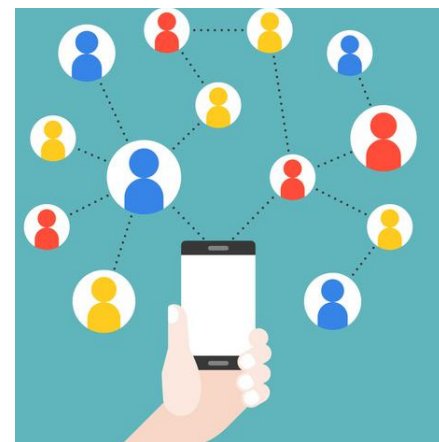
This group is facilitated by Laura G, a lesbian Oakland resident. Laura is 66 retired from an active career and newly disabled. She loves the big questions of science and spirituality and is addicted to podcasts and audiobooks. Never had kids but planted lots of trees and is dedicated to serving an evolving universe. So let's chat sometime.

Exciting news: this group will become a weekly group beginning Wednesday, May 6. The new group time will be Wednesdays, 3-4PM.

For more information, contact Ariel at (415) 503-4180. To register call Well-Connected toll-free at (877) 797-7299

Interested in recieving a daily or weekly call?

Openhouse staff are making calls out to our community members because we all want to stay connected. If you are interested in receiving a call daily or weekly, we would love to chat with you. Please call our main line at (415) 296-8995 to leave your name and phone number. We will reach out to you shortly!

To stay apprised of Openhouse programs call our main line at (415) 296-8995.

Presentation by the Department of Emergency Management on COVID-19 Updates

Tuesday April 7, 2PM
Join us online or over the phone
No RSVP Required

SFDEM
SAN FRANCISCO DEPARTMENT OF EMERGENCY MANAGEMENT

A representative from the Department of Emergency Management will be doing a phone (maybe video) presentation via zoom about COVID-19 for anyone who would like to join. There will be time for questions. Please join us if you are available at this time!

To join the presentation online, go to https://zoom.us/j/342029586
To join over the phone, call 1 (346) 248-7799.

The LGBTQ Caregivers of Those with Dementia Support Group
In partnership with the Alzheimer's Assocation

Until further notice, this group will be held via telephone conference call and requires registration for the call. If you are interested in joining us, please contact Ariel at ariel@openhouse-sf.org or (415) 503-4180.
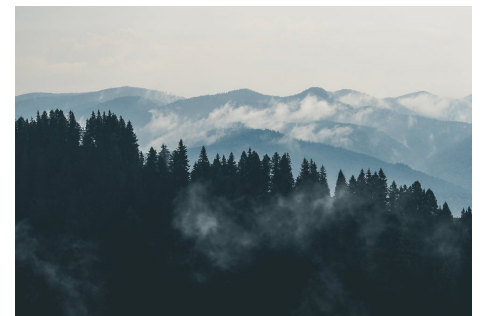
Next meeting: Wednesday, April 22, 6 - 7:30PM

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.

STOP THE SPREAD OF GERMS

COVID 19 CORONAVIRUS DISEASE
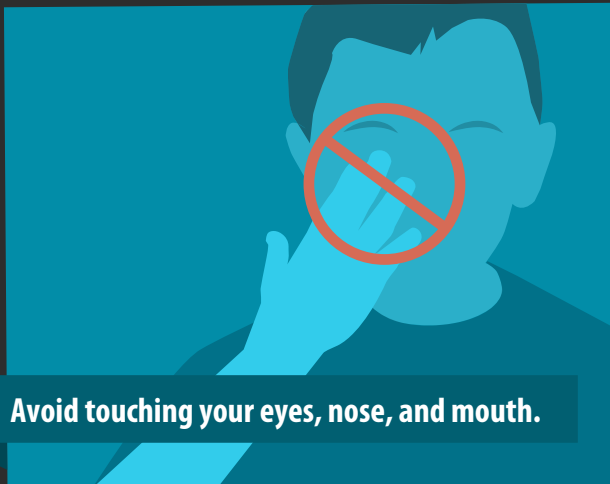
Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Avoid touching your eyes, nose, and mouth.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

For more information: **www.cdc.gov/COVID19**

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What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See COVID-19 and Animals for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

For more information: **www.cdc.gov/COVID19**

Phone-Based Resources

If you are experiencing isolation or want to connect with more resources, these hotlines and warmlines are here for you.

LGBT National Hotline
(888) 843-4564

Trans Lifeline's Peer Support Hotline
(877) 565-8860

Institute on Aging's Friendship Line
not LGBTQ exclusive
(800) 971-0016

Covia's Well Connected Program
not LGBTQ exclusive
To register, contact (877) 797-7299

Senior-Only Grocery Hours

The following is a list of grocery stores with special hours for seniors and high-risk populations to shop. Hours are subject to change.

Gus's Community Market
Every day 7 - 8 AM for people 60+.
Find your local store at
gussmarket.com/market-locations

Lucky
Tuesdays and Thursdays 6 - 9AM for seniors and those with compromised immune systems. Find your local store at
luckysupermarkets.com/stores

Mollie Stones
Saturdays, Tuesdays, and Thursdays, 7 - 8AM for people 60+ and immunocompromised customers. Find your local store at molliestones.com/StoreLocator

Rainbow Grocery
Every day 9 - 10AM for people 60+. Located at 1745 Folsom St.

Safeway
Tuesdays and Thursdays 7 - 9AM for senior customers and at-risk guests.
Find your local store at
local.safeway.com/search.html

Target
Wednesdays 8 - 9AM for seniors and people with underlying health concerns. Find your local store at target.com/store-locator

Whole Foods
Everyday 8 - 9AM for people 60+. Find your local store at wholefoodsmarket.com/stores

housing, services, and community for LGBTQ seniors
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What is your Stay-At-Home Anthem?

Let's build an Openhouse community playlist! We want to stay connected during this time of social distancing, and what better way than through the healing power of music? Help us build a playlist so that, wherever we are, we can all groove together.

What song is bringing you joy, empowerment, or calm during this time of social distancing?

To submit your song, leave a voicemail message for Ray at (415) 259-4140. In your message include:

- your name
- song title
- artist name
- one sentence about why you love this track

Submit your response by Friday, April 17 to be included in the next newsletter and our online playlist.

Staff Picks

"Got To Give It Up"
by Marvin Gaye
The DJ would put this song on every time I walked into my home bar as a baby dyke. I walked right from the door onto the dance floor. Loved those days! Made me feel alive!
- Jana Rickerson, Manager of Community Wellness & Services Programs

"Bashed Out"
by This is the Kit
This song is beautiful and calming – it evokes a sense of melancholy that feels relevant and comforting, yet is also uplifting in its beauty.
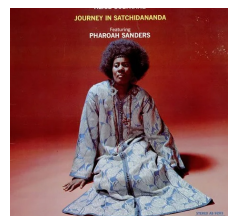- Ariel Mellinger, Community Wellness and Services Supervisor

"Journey in Satchidananda"
by Alice Coltrane
This song is a great for burning palo santo first thing in the morning while sipping coffee and keeping the vibe moving forward with consistency, wonderment and expansion.
-Kelly Harris, Mission Engagement Manager

"Imagine"
by John Lennon
In any given situation, one of the main things that can't be taken away from me is my imagination and this song helps me shatter obstacles and boundaries, freeing my heart and soul…no person is above or below another.
- Penn Weldon, Community Engagement Coordinator

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

APRIL 2020

Stay informed with the latest updates on COVID-19:

Centers for Disease Control and Prevention (CDC)
www.cdc.gov/coronavirus/2019-ncov

California Department of Public Health
www.cdph.ca.gov

SanFrancisco County Department of Public Health
www.sfdph.org/dph

Alameda County Department of Public Health
www.acphd.org/2019-ncov

SF311
Call 311 or visit SF311.ORG

City and County of San Francisco
Text COVID19 to "888777" from your cell phone to receive updates by text message.