

Black Lives Matter

As Openhouse employees and people of color, we recognize that often it has been our same communities of color that are tasked with leading change and fighting oppressive systems simply for the right to exist.

Now more than ever, the lessons our Black community members teach us are so valuable—and inform how we take action to create community. If there is anything we can do to support what you need, and support your feeling of belonging at Openhouse —please know that we are here to listen and help in any way possible.

**We stand in solidarity with you in these volatile times of oppression.
We hold your stories and truths.
We hurt and cry with you.**

To connect with other community members of color, please consider attending our group Staying Connected to Services in the Life (see pg. 2). For additional services offered by Openhouse, contact José Santamaria at jsantamaria@openhousesf.org or 415-347-8509.

In solidarity,

Michelle Alcedo
Nathaniel Cordero

J Jha
Matthew McTire

Jana Rickerson
José Santamaria

Ray Tsukayama
Sylvia Vargas



"Gay People in Solidarity with All Oppressed Peoples," Christopher Street Liberation Day, New York City, June 28, 1970. Photo © John Lauritsen

In this month's newsletter...

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Virtual Housing Workshops by Openhouse

Friday July 10 at 2PM
and Tuesday July 21 at 2PM

Register for Zoom link or call-in number

Need help understanding how to apply for affordable senior housing in San Francisco? Openhouse is here to help! Join us for a one and a half hour presentation with 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.

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



Staying Connected to Services In the Life: A Discussion Group for LGBTQ People of Color

Wednesday, July 1 and 15
11AM-12:30PM
RSVP Required

Join us for a discussion group for LGBTQ people of color. Prejudice, bias and bureaucracy make government systems almost impossible to cope with every day especially during a pandemic; 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.

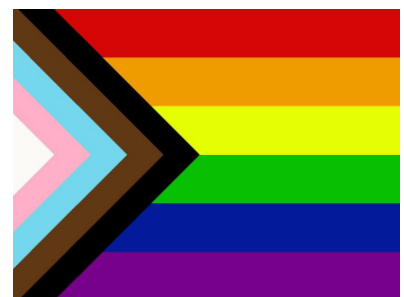
This group is facilitated by Myles Dixon who has a Master's in Health Systems Administration and has both personal and professional experience working with health-related community organizations.

To get more info, contact Faire at (415) 231-5883 or faire@openhousesf.org

Openhouse is looking for Tech Support Volunteers

Got some time on your hands?! Openhouse is looking for supportive volunteers who are skilled with Zoom and other basic tech issues. Tech Support Volunteers would help host virtual programs and work with community members with various levels of tech understanding to navigate tricky moments with tech.

If you're interested in volunteering, please contact Faire Faircloth, Activities Coordinator at (415) 231-5883 or faire@openhousesf.org.



Dear Community Members, Supporters and Openhouse Friends-

I was struck by thoughts shared recently from one of our community leaders, Luis de la Garza. Luis wrote and said, "I am so torn in my need to be out in public to contribute towards these historical undertakings and my own need to protect my health. This contradiction has provided hours of anxiety as I feel I must contribute to the eminent social change unfolding. Of course, I won't place myself at risk with the COVID-19 epidemic still looming. I know I am not alone in how I feel, especially within my OH LGBT elder community."

It is no wonder Luis leads one of our writers' groups. Luis' profound words captured something weighing heavy for me, the Board and staff - feeling anxious and torn between the contradictions of this time. It is the contradiction of what we hope is lasting social change for Black communities and the ongoing threat of a global pandemic. It is feeling stuck between being an organization who fights isolation with community and recognizing those we serve are most at risk by coming together. We recognize LGBTQ seniors as leaders of our movement and integral in fighting for justice, while we hold tight to recommendations from our health departments for the "the vulnerable population." We know sheltering in place is the safest option for our community and staff, while we know loneliness and isolation hold dire consequences.

So what do we do? I wish I had all the answers (spoiler alert: I do not) but I can tell you what we will do for now.

Openhouse will:

- 1) Continue to provide support through outgoing phone calls to our community. We believe ongoing connection is powerful, keeps us together and lets us know what our community needs most.
- 2) Continue to offer and expand our virtual programming offerings while striving to increase access to technology for the many seniors who are not currently able to join us.
- 3) Recognize the positive aspects of virtual programming while understanding it does not replace in-person connection. We will explore safe ways to provide 1:1 in-person individual connection in the community. Our Pride bag deliveries were powerful for all of us!
- 4) Continue to be creative! Our socially distanced drag show was a great moment to show that our communities can lead the way to joy.
- 5) Evaluate if we can open our offices for limited 1:1 on-site support (particularly for those facing housing insecurity). We will not rush into on-site services and are seeking support both from the city and our senior service organizational partners who face similar decisions.

I want to thank each of you for being a part of the work that we do. Being in community does not mean easy answers - it just means you don't hold them alone. We are with you.

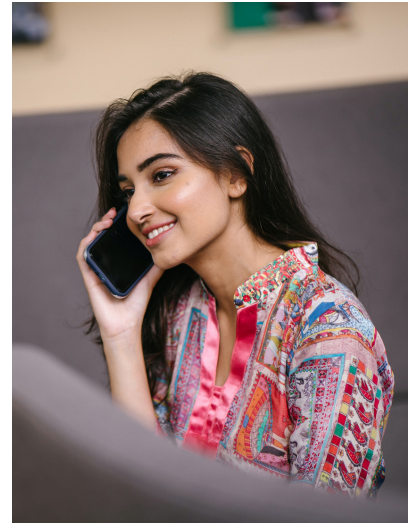
In Community,
Karyn Skultety, PhD
Executive Director

Community Engagement

Friendly Visitor Program during COVID-19

Opportunities to connect socially in person may have changed for now, however, friendships can be cultivated in other ways. We encourage folks to give us a call to learn more about being matched up with Friendly Callers of all ages for social calls. LGBTQ elders have lifetimes of experience, perspective and know-how especially during challenging times. This is a great opportunity to build a stronger community across generations. Friendly Callers are eager to call you, and one day soon meet you in person!

To learn more about the program, contact Carrie Schell, Friendly Visitor Program Supervisor at (415) 535-1237 or cschell@openhousesf.org



Drop-in Zoom and Tech Support

Tuesdays 2 -3:30PM

RSVP for Zoom link or call-in number

Join this low-pressure, light hearted tech support class facilitated by On Lok's Tom Lazur. We will be solving common computer and technology problems.

This is a drop-in group to learn tools for solving your issues with Zoom, routers, devices, drivers and data. Every problem is unique, and we will work together to solve them. The core focuses will be on learning on-line problem solving techniques, demystifying terms, and supporting each other in a subject that's constantly evolving and can have a steep learning curve. After attending this course, there will also be a possibility to set up future 1-on-1 meetings to solve specific tech problems.

To RSVP, contact Faire at (415) 231-5883 or faire@openhousesf.org



Community Wellness and Services

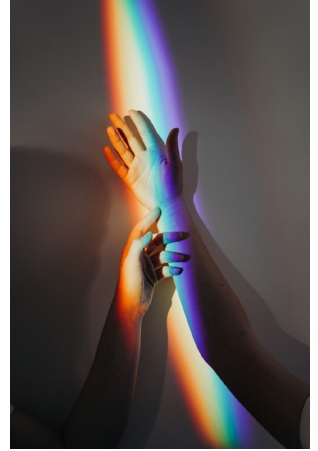
Self-Compassion During Times of Isolation

Wednesdays, 1:30 -3PM

New Session begins July 17

RSVP is required for Zoom link or phone number

We are social creatures and being physically isolated due to COVID-19, illness, or other reason is very stressful and can erode our optimism, energy and enjoyment of life, if we let it. The good news is resiliency, which is the ability to bounce back and recover (renew ourselves) during and after times of great change, loss or crisis, is a skill that can be learned and practiced.



Join a supportive space for sharing our experiences of COVID 19. We'll discuss what keeps you going and restores a sense of meaning and purpose in these times of disruption and learn some new coping practices.

This group will be facilitated by Molly Reno, a somatic life coach and Emotional Brain Training Provider who has been leading Self Care and Self Compassion support groups at Openhouse since 2012.

This is a drop-in group and no interview is necessary to join. This group will take place via Zoom and can be accessed via telephone, smart phone, or computer.

To register, contact Faire at (415) 231-5883 or faire@openhousesf.org

Virtual Yoga with Jay!

New Session begins Friday, July 17

Fridays, 11:30AM – 12:15PM

RSVP required to get Zoom link or phone number



Long-time Openhouse Yoga instructor, Jay Helfand, offers a slow flow for all bodies, connecting breath and movement in a grounding, nourishing, and life-giving practice. The movements in this virtual class will be adjusted for the potential limitations of practicing yoga from home. No prior experience with yoga is required and no yoga props needed! Jay has been teaching yoga and somatics for queer, trans and disabled communities for the last 6 years.

To register, contact Faire Faircloth at (415) 231-5883 or faire@openhousesf.org

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 "In the Life" Discussion for LGBTQ People of Color 11AM – 12:30PM, RSVP req'd: X322</p> <p>Clearing House: Cluttering Support, 12:30 – 2PM RSVP req'd: X315</p> <p>Self Compassion in a Time of Isolation, 1:30 – 3PM RSVP req'd: X322</p> <p>LGBTQ Chat, 3 – 4PM</p> <p>Intermediate Spanish 2, 3 – 4:30PM, Reg req'd: X305</p>	<p>2 Drop-In Meditation 11 – 11:45AM Reg req'd: X322</p>	<p>3 Openhouse offices closed</p>	<p>4 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>
5	<p>6 Men's Group, 2 – 3:30PM, RSVP req'd: X322</p> <p>Conversational Japanese 3:30 – 5PM, Reg req'd: X305</p> <p>"Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info</p>	<p>7 Zoom and Tech Support 2 – 3:30PM Reg req'd: X322</p> <p>Gay Gray Writers, 4 – 6PM, Closed Group</p>	<p>8 Self Compassion in a Time of Isolation, 1:30 – 3PM RSVP req'd: X322</p> <p>LGBTQ Chat, 3 – 4PM</p> <p>Intermediate Spanish 2, 3 – 4:30PM, Reg req'd: X305</p>	<p>9 Drop-In Meditation 11 – 11:45AM, Reg req'd: X322</p>	<p>10 Housing Workshop, 2 – 3:30PM RSVP req'd: X310</p> <p>Yiddish, 3 – 4:30PM, Reg req'd: X305</p>	<p>11 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>
12	<p>13 Men's Group, 2 – 3:30PM, RSVP req'd: X322</p> <p>Conversational Japanese 3:30 – 5PM, Reg req'd: X305</p> <p>"Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info</p>	<p>14 Zoom and Tech Support 2 – 3:30PM Reg req'd: X322</p>	<p>15 "In the Life" Discussion for LGBTQ People of Color, 11AM – 12:30PM, RSVP req'd: X322</p> <p>Clearing House: Cluttering Support, 12:30 – 2PM, RSVP req'd: X315</p> <p>LGBTQ Chat, 3 – 4PM</p> <p>Intermediate Spanish 2, 3 – 4:30PM, Reg req'd: X305</p>	<p>16 Drop-In Meditation 11 – 11:45AM Reg req'd: X322</p>	<p>17 Yoga, 11:30AM – 12:15PM, Reg req'd: X322</p> <p>Living with Loss: Drop-in Grief Support 1 – 2:30PM, RSVP req'd: X322</p> <p>Yiddish, 3 – 4:30PM, Reg req'd: X305</p>	<p>18 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>
19	<p>20 Men's Group, 2 – 3:30PM, RSVP req'd: X322</p> <p>Conversational Japanese 3:30 – 5PM, Reg req'd: X305</p> <p>"Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info</p>	<p>21 Housing Workshop 2 – 3:30PM RSVP req'd: X310</p> <p>Zoom and Tech Support 2 – 3:30PM Reg req'd: X322</p> <p>Gay Gray Writers, 4 – 6PM, Closed Group</p>	<p>22 Self Compassion in a Time of Isolation, 1:30 – 3PM, RSVP req'd: X322</p> <p>LGBTQ Chat, 3 – 4PM</p> <p>Intermediate Spanish 2, 3 – 4:30PM, Reg req'd: X305</p> <p>LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM, Reg req'd: X315</p>	<p>23 Drop-In Meditation 11 – 11:45AM Reg req'd: X322</p>	<p>24 Smart Money Coaching: Information and Enrollment via Phone, 9AM – 12PM, (415) 865-5652 for info</p> <p>Yoga, 11:30AM – 12:15PM, Reg req'd: X322</p> <p>Yiddish, 3 – 4:30PM, Reg req'd: X305</p>	<p>25 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>
26	<p>27 Men's Group, 2 – 3:30PM, RSVP req'd: X322</p> <p>Conversational Japanese 3:30 – 5PM, Reg req'd: X305</p> <p>"Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 535-0927 for info</p>	<p>28 Zoom and Tech Support 2 – 3:30PM Reg req'd: X322</p>	<p>29 Self Compassion in a Time of Isolation, 1:30 – 3PM, RSVP req'd: X322</p> <p>LGBTQ Chat, 3 – 4PM</p> <p>Intermediate Spanish 2, 3 – 4:30PM, Reg req'd: X305</p>	<p>30 Drop-In Meditation 11 – 11:45AM Reg req'd: X322</p>	<p>31 Yoga, 11:30AM – 12:15PM, Reg req'd: X322</p> <p>Living with Loss: Drop-in Grief Support 1 – 2:30PM, RSVP req'd: X322</p> <p>Yiddish, 3 – 4:30PM, Reg req'd: X305</p>	<p>August 1 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p>

LOCATIONS: All programs are being run virtually.

Community Wellness and Services

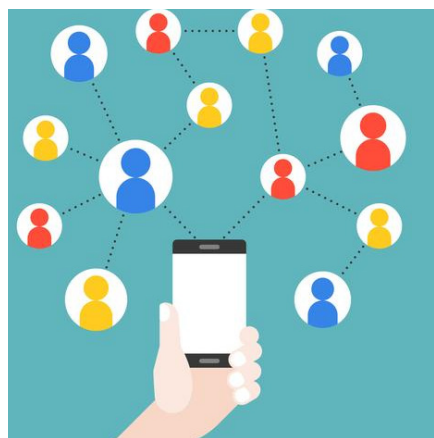
Join us from home for a phone-based LGBTQ Discussion Group!

In collaboration with Well-Connected

This telephone-based group is held every Wednesday, 3-4PM

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.

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



LGBTQ Caregivers of Those with Dementia Support Group

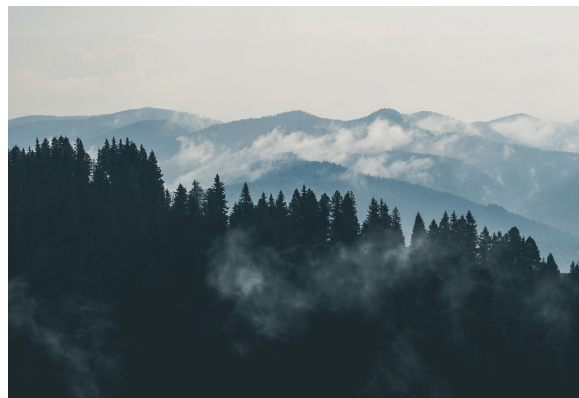
In partnership with the Alzheimer's Association

Wednesday, July 24, 6-7:30PM

RSVP is required to receive Zoom link or phone number

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.

If you are interested in joining, please contact Ariel at ariel@openhouse-sf.org or (415) 503-4180.





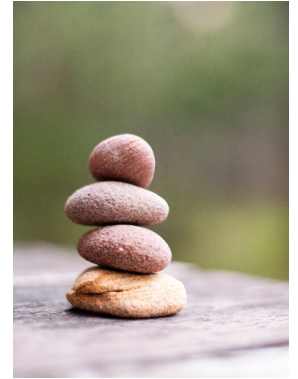
Openhouse is proud to partner with Shanti Project on the following online programs...

Join us as we continue to connect virtually through Zoom. You can access Zoom via telephone, smart phone, or computer.

Join Openhouse for Virtual Meditation!

Thursdays, 11 – 11:45AM via Zoom
RSVP for Zoom link or phone number

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



To RSVP, contact Faire at (415) 231-5883 or faire@openhousesf.org

Living with Loss: Virtual Drop-In Grief Support Group

Note special dates this month:
July 17 and 31, 1 – 2:30PM
RSVP is required for Zoom link or phone number

Join Openhouse, VITAS Healthcare, and Shanti Project 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.

To register, contact Faire Faircloth at (415) 231-5883 or faire@openhousesf.org

Clearing House: Drop-in Clutter Support Group

1st and 3rd Wednesdays
12:30 – 2PM, Bob Ross LGBT Senior Center, 65 Laguna St.

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.

For more info, contact Ariel at ariel@openhouse-sf.org or (415) 503-4180.



Photos of the Month

Staff and volunteers teamed up to pack and deliver gift bags in honor of Pride month! Bags were filled with t-shirts, hand sanitizer, bandanas, and more.



Let's 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. 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

(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

Sat and holidays: 12 – 8PM

Openhouse: 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!

CORONAVIRUS UPDATE:



Older Adults & People with Disabilities



Here to answer your questions 7 days a week

Call for a family member or community member!
DAS hotline: (415) 355-6700

Learn more: www.SFHSA.org/covid-das

Pride from Protests!

LGBTQ liberation started with and continues to be fought for through protests, often led by Black and Brown transgender people! Our histories are rich and worth being proud of. For a list of LGBTQ archives, go to queerhistory.com/history-resources

May 1959

Cooper Do-nuts Riot in Los Angeles. Uprising by lesbians, gay men, transgender people and drag queens, against police harassment and brutality.

April 15, 1965

Protest by gender non-conforming people of Dewey's Coffee Shop in Philadelphia for refusing to serve young people in "non-conformist clothing". Protest led to picket by Black LGBTQ people whose actions lead to Dewey's ending their discriminatory policies.

August 1966

Compton's Cafeteria Riot in the Tenderloin neighborhood of San Francisco. Transgender women and gay men, mostly drag queens and sex workers, fought against police brutality, poverty, oppression and discrimination. The incident marked the beginning of transgender activism in California.

January 1, 1967

The Black Cat Tavern Raid in Los Angeles' Silver Lake District. Patrons fought back after undercover police arrested three New Year's Eve revelers for "public lewdness". They were kissing. Police beat and arrested 14 people. A protest by 200 people followed on February 11, 1967. The protest was met by squadrons of armed police. Two of the men arrested for kissing on New Year's Eve were convicted and registered as sex offenders.

June 28, 1969

The Stonewall Riots in New York City. Widely considered the most important event leading to the gay liberation movement and the modern fight for LGBTQ rights in the United States. This is why we celebrate Pride on June 28.

October 31, 1969

Sixty protesters from the Gay Liberation Front and the Society of Individual Rights staged a protest in front of the San Francisco Examiner in response to a series of articles disparaging LGBTQ people in San Francisco gay bars and clubs. The incident was later called, "Bloody Friday of the Purple Hand." Examiner employees poured printer's ink onto the protesters several stories below them. The protesters used the ink to scrawl "Gay Power" and other slogans on the building's walls. Police violently arrested protestors, but did not hold Examiner employees responsible for their dangerous actions.



housing, services, and community for LGBT seniors

openhouse

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

JULY 2020

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