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What virtual programs would you like to see?

We would love to hear from you! Please complete the Virtual Programming Ideas survey!

As we enter month five of Covid-19, we are interested in learning what virtual and online programming might be planned for these next 12 months. We would like to get your thoughts and ideas about what you would like to see as we begin our planning process. Your input is important to us.

How to participate:

To complete the survey online, go to: www.surveymonkey.com/r/XXSGWQT

To request a mail-in survey, contact Openhouse at (415) 296-8995.

Please complete the survey by August 20.

Join the Trans Resilience Support Group!

Facilitated by Ms. Billie Cooper

Every Monday, 5:30PM

Registration required

Openhouse and TGI Justice Project present the Trans Resilience Support Group, hosted by our very own Ms. Billie Cooper! Join other transgender and gender non-conforming seniors as they come together to support each other through their individual walks in the trans experience. We welcome all TGNC folks to join – and look forward to building for community, by community.

For more info about this group, contact J Jha at (415) 961-8378 or L'Oreale Earle at (415) 654-2561.

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

Virtual Housing Workshops by Openhouse

Thursday August 13 at 2PM and

Tuesday August 25 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



In the Life: Supporting LGBTQ POC

1st and 3rd Wednesdays, 11AM – 12:30PM

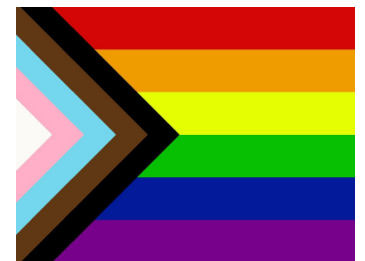
August 5 and August 19

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 confidential and 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 is gay-identified, African American and has a Master's in Health Systems Administration. He has both personal and professional experience working with health-related community organizations. Myles is excited to continue creating this supportive space for our community.

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



End of Life Planning Workshop: a special Zoom presentation

**Wednesday, August 26, 11AM – 12:30PM, Zoom
RSVP required for Zoom link or call-in number**

Join Emily Heinzen, advocate at the Aids Legal Referral Panel (ALRP), for a presentation on the basics of end of life planning documents. In this presentation, we'll discuss simple wills, Advanced Health Care Directives, and Powers of Attorneys and how to go about getting these important documents completed during this challenging time.

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



Living with Uncertainty in COVID-19 Join us for a new group!

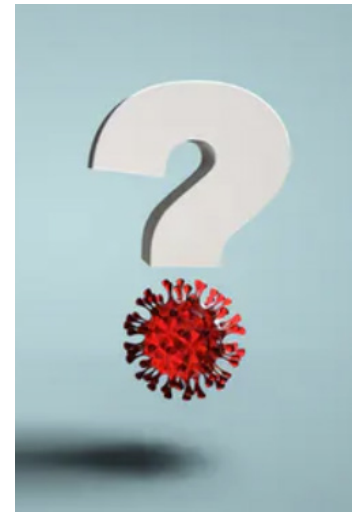
**Thursdays, 4 – 5:30PM, September 10 – December 3
RSVP required for Zoom link or call-in number**

We are currently facing many of the uncertainties we always have: from global warming to social inequity. Perhaps, in your own life as well change is front and center. Meanwhile, we are aging, having to face health challenges and the inevitability of impermanence. Now, we face these uncertainties with the addition of the constant presence and impact of COVID-19. Our group is about listening, conversing and offering support. We humans possess natural capacities in assisting one another in carrying on. With each other, we can get through these times.

Group Facilitator, Den Reno, PhD is a licensed psychologist who has led grief groups at Openhouse for over 5 years.

This is a drop-in group and space is limited each week. Please contact Faire prior to joining.

To register, contact Faire at (415) 231-5883 or faire@openhousesf.org. For questions about the group, contact Ariel at (415) 503-4180.



Community Engagement

Drop-in Zoom and Tech Support

Tuesdays 2 -3:30PM

RSVP for Zoom link or call-in number

Openhouse & On Lok would like to invite you to a Zoom class that focuses specifically on using the ZOOM application within the device and operating system that you use!

Each week this month we will go over the unique layout of Zoom on the specific platforms listed below and how to troubleshoot the most common problems people have. As an added bonus, we will spend time on changing our permissions and settings for this particular kind of device, as well as address concerns we may be having about video conferencing in general.

The class will be led by Tom Lazur from On Lok Lifeways, a partner organization. He has been spending the last few months helping community members take care of tech issues and hopes to reach more of our community in the coming weeks.

8/4 – Mac OS desktop/laptop

8/11 – iPhone OS (iOS)

8/18 – Windows 10

8/25 – Android mobile

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

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



Community Engagement

MISCI Creative Engagement Program

3 month program, schedule TBA
Registration and eligibility required

The MISCI Creative Engagement Program is looking for Openhouse community members interested in developing a creative project with younger people over the course of 3 months. This version of the program will keep everyone safe during the pandemic by holding the program over the phone or, if you prefer, video chat.

Openhouse is partnering with UCSF Global Brain Health Institute to offer this program and to study its impact on participants' health and well-being. No background in the arts is necessary, only a willingness to connect and create with younger people!

Registration and eligibility required.

To learn more and find out if you are eligible, contact Penn at 415-969-6907 or pweldon@openhousesf.org



Above: Groups chat and develop their creative projects remotely, either by chatting over the phone or through videochat.

Virtual movement classes coming soon!

In partnership with Fresh Meat Productions

This month, Fresh Meat Productions will be releasing a series of FREE short videos called #StayFRESHatHOME. Videos will guide viewers through a wide range of movement types, such as meditation, Bachata, gentle home workouts, modern dance for wheelchair users and scooter users and anybody who is seated, and more. Videos are led by teachers and artists who are queer, gender-non conforming, and trans.

More info to follow in September's newsletter. To learn more about Fresh Meat Productions, go to freshmeatproductions.org

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

LOCATIONS: Join us as we continue to connect virtually through Zoom. You can access Zoom via telephone, smart phone, or computer. For more info on how to virtually connect, call (415) 2315883. To RSVP or register, call (415) 296-8995 followed by the extension listed in the calendar.

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. 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.

The last session of this group will be held on Wednesday, August 26.

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

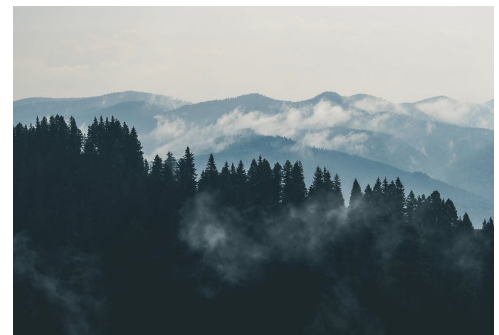
LGBTQ Caregivers of Those with Dementia Support Group

In partnership with the Alzheimer's Association

Wednesday, August 26, 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.



Community Wellness and Services

Self-Compassion During Times of Isolation

Wednesdays, 1:30 -3PM

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!

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! This practice is offered through Zoom, which can be accessed through your telephone, smart phone, or computer. 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

Community Wellness and Services

Join Openhouse for Virtual Meditation!

In partnership with Shanti Program

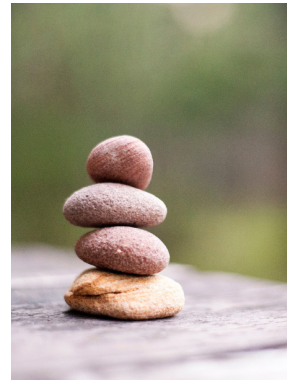
Thursdays, 11 – 11:45AM via Zoom

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.

This class will take place via Zoom and can be accessed via telephone, smart phone, or computer.

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



Living with Loss: Virtual Drop-In Grief Support Group

1st and 3rd Fridays, 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

RSVP is required for Zoom link or phone number

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.



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 weekly call, 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!

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. Available hours for tech volunteers are flexible.

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



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

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

AUGUST 2020

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Permit No. 925

Save the Date!
**Black Lives Matter
Unity Town Hall**
a virtual program

Saturday September 26, 1 - 3PM

More info to follow in the next newsletter. For questions, contact Ephraim at (415) 296-8995.

August is the 54th Anniversary of
Compton's Cafeteria Riot!

Thank you to all the people, primarily drag queens, trans women, and sex workers, who stood up to police brutality in the Tenderloin and launched the Trans Rights movement in San Francisco!

