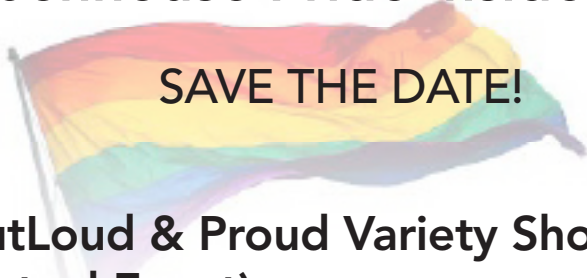


Openhouse Pride Inside 2021



OutLoud & Proud Variety Show (Virtual Event)

Friday, June 11, time TBD

Transgenerational Virtual Event

Friday, June 25, time TBD

Queer Elders Writing Workshop Reading Event

Saturday, June 5, 1 - 3PM

Over the past year, we LGBT seniors have met virtually to work on our memoirs, novels, and assorted types of fiction and non-fiction, both serious and humorous. Join us live on Zoom, as we present our stories of thriving, striving, and surviving to the Openhouse community. Sadly, the audience must provide its own refreshments, but let us delight you with our words and voices.

Register with Faire at faire@openhouse-sf.org or (415) 699-2244

housing, services, and community for LGBT seniors



MAY 2021

Pg	In this month's issue...
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4	Upcoming and New Programs
9	Dr. Aronson Health Talks
9	In the Life: Support Group for LGBTQ POC

Rabbi Jane Litman on Grief and the Work

I'm Rabbi Jane Rachel Litman. I was the first openly LGBTQ person admitted to rabbinical seminary in 1984. I've been a congregational rabbi for many years, serving Conservative, Reform, Reconstructionist and LGBTQ Outreach synagogues. I've also been a university professor. Right now, in academia, I work at the Center for LGBTQ and Gender Studies (CLGS) of the Pacific School of Religion, staffing their Jewish projects.

"I have found that building networks of support makes all the difference. That is a great strength of our LGBTQ community."

~Rabbi Jane

About five years ago I realized that some of the most fulfilling work I do is pastoral care, so I decided to shift more of my time into chaplaincy and joined VITAS Healthcare, the nation's leading hospice care provider. VITAS is committed to diverse community outreach and provides free bereavement support through groups such as the one I co-lead with Chaplain Dale Poland at Openhouse.

(Continued on pg 11)

Announcements



Community Day Services

"Not your typical center."

Are you looking for an experience that fosters independence, embraces identity and individuality, and is inclusive? Are you feeling disconnected from the community? You are not alone.

Many LGBTQ seniors are facing the challenges of aging on their own. Existing community programs may not reflect their unique experiences and perspectives. Until now.

Openhouse is a leading voice and longstanding service provider in San Francisco's LGBTQ+ community. On Lok has 50 years of experience in healthcare and social services to empower seniors to live with pride and independence, in the community they love.

Openhouse and On Lok have joined forces to co-design a community-based adult day program with and for the LGBTQ community. Openhouse + On Lok Community Day Services (Community Day) offers a safe and life-affirming space where you can be yourself, engage with the community, and find services to maintain your wellness and empower your independence.

How Community Day can help:



Meals
Enjoy daily hot and tasty midday meals, snacks, and refreshments.



Care
Staff provide you with coordinated services and help with your personal care and reminders.



Programming
Express yourself with many fun LGBTQ-themed activities to help you stay socially engaged.



Transportation
Based on need, transportation is coordinated and provided from your home to the program and back.

Reach out today!

To learn more about Community Day, contact Ephraim Getahun at egetahun@openhousesf.org or call 415.535.0927.



Is Community Day right for me?

- Are you age 55 or older?
- Would you benefit from assistance with your daily activities?
- Would you benefit from a supportive environment?
- Do you need help with some personal care?

How much does Community Day cost?

Participation fees are on a sliding scale, based on your ability to pay.

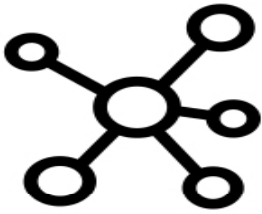
Where is Community Day located?

Community Day is one of the many offerings available to LGBTQ seniors at the new Openhouse Community Center at 75 Laguna Street in San Francisco.



Resources

Community Housing Opportunity



Are you:

- o Looking for affordable housing in SF?
- o Already a primary tenant and trying to fill a room?
- o Trying to find shared-living communities with other LGBTQ older adults?

Connect with us! Here's how it works:

1. Contact Openhouse explaining that you are looking to rent a room or fill a room
2. Openhouse connects individuals and housing opportunities based on eligibility and compatibility.
3. Openhouse then facilitates pairing and potential interviews between all parties.

Community members should be over the age of 50 years old and a part of the Openhouse/LGBTQI+ community. Please note that this service maintains the privacy of all community members – if you are interested in a specific home, contact us to learn more!

Contact Sage at shapke@openhousesf.org or (628) 208-0155 for more info.

Need Help with Food Support, Grocery Shopping, or Other Errands?

During these difficult times, our caring, compassionate volunteers are standing by to help you get what you need:

- » Weekly Home Delivered Grocery program for those who cook
- » Guidance to other food assistance programs in San Francisco
- » Help buying groceries, pet food, medications, and other supplies

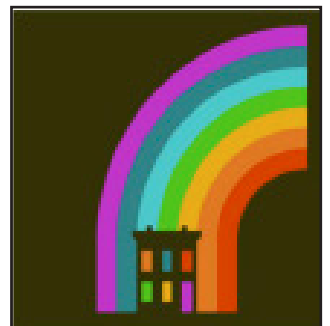
If you or someone you know could benefit from these services, contact Kevin at koneal@openhousesf.org or (628) 263-3262

Virtual Affordable Rental Housing Workshop

May 13 and 25, 2 - 3:30PM

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 long 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 Sage at shapke@openhousesf.org or (628) 208-0155

Upcoming and New Programs



Fifty + Fabulous is back!

2nd and 4th Tuesdays, 5 - 6:30PM

Join Openhouse and the San Francisco Community Health Center for their Fifty + Fabulous Support Group -- a group for transgender/gender nonconforming folks age 50 and older. Join a close knit and FABULOUS community facilitated by Erica Reyes!

Register with Ephraim:

egetahun@openhousesf.org or (415) 535-0927

LGBTQ Seniors with Chronic Physical Disabilities Support Group

Monthly, beginning Tuesday, June 15
12:30 - 2PM

People with chronic physical disabilities often feel left out and alone even when in a group. We'll discuss how it feels to be disabled and how to manage those feelings in a healthy and self-compassionate way. We'll also explore how the shift from the moral model of disability (judged and less than) to the minority model (equal and enabled) impacts us and society's view of people with disabilities.

Facilitator Max Lane is a gay-identified man who has been disabled by polio for 69 years. Max is a disability rights and independent living advocate and has served four years as president of the board of directors of Independent Living Resource Center of San Francisco (ILRCSF)

A conversation with the facilitator will be set up prior to joining. If interested, contact Ariel at ariel@openhouse-sf.org or (415) 503-4180

Tech Help Hour

Tuesday, May 18, 2 - 3PM

Does using technology make you feel lost and confused?!

We're here for you! Openhouse is now offering a Tech Help Hour each month.

This month's topic: EMAIL.

Each month's topic will cover the basics of the topic and will also be informed by the questions you have. When you register for the class please include what email program you use and what are your top questions. Also, write or call to request tech topics that you would like to have covered in future classes.

Register with Faire at

faire@openhousesf.org or (415) 699-2244



Hot Tech Tip:

Make sure to periodically clear your inbox. Most email servers have limited space and once you reach your limit, it is VERY difficult to regain the amount of space you need to receive any new messages.

All Openhouse programs are held virtually via Zoom, which can be accessed via telephone or computer. For more info on how to virtually connect, call (415) 296-8995.

Have Fun and Get Creative!



We asked you to tell us about a **new beginning** you experienced.

Here's what you shared:

I found love at 42, when I wasn't looking for it. Unexpectedly, I discovered the positive sides of relationships. Positive and negative are 'two sides of the same coin'--you must know one to understand the other. After 19 years, I've learned to keep flipping that coin over and over, and it has made an immense difference in my life.

- B.E.S.

It was 1964 and I was a singing piano player in bars and restaurants. After a year at City College, I was driving home to L.A. when I discovered a country club in Carmel Valley looking for a piano player. I auditioned and got the job. It was very straight and I was reluctant to play show tunes. One night, I played several requests from one of the patrons. She invited me over to her house for a drink. I made excuses and went out to Monterey looking for Mr. Right. When I got back to my motel with him, she was there waiting for me. She cleared out fast. The next night at the piano bar, I found out I was fired. So back on the road of homophobia.

- Larry O'Leno

More stories await in next month's issue...

Food Matters: flavorful healthy cooking with Openhouse

Thursdays, May 27 - June 17
11AM-12:30PM

Limited Spots available!

In partnership with 18 Reasons, Openhouse welcomes you to join a cooking class from the comfort of your home. Each class will deal with simple flavorful food with an extra added "healthy" touch. Two days before each class, you will receive a recipe along with the necessary ingredients delivered to your home, all free of charge.



We ask that you attend all four classes in the session.

Register with Armando at (415) 728-0194 or armando@openhouse-sf.org

Art at Openhouse Saturdays, 1-3:15PM



Come flex your creative muscle! This class explores a variety of mediums and is open to all skill levels. Join to explore new ideas and build positive relationships with other Openhouse community members. These are not craft activities, but instead focus on skill-building — ranging from color and composition to perspective and background. Supplies are provided.

Instructed by Hugh Leeman, an artist whose work acts as a form of social commentary. To find out more, go to hughleeman.com

Register with Penn at (415) 535-2769 or pweldon@openhousesf.org

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
2	<p>3 Places Please! LGBTQ+ Plays & Playwrights 12 – 1:30PM, Reg req'd: X305</p> <p>Men's Drop-In Support Group, 2 – 3:30PM RSVP req'd: X322</p> <p>Beginning Japanese, 3:30 – 5PM RSVP req'd: X305</p> <p>"Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 654-2561 for info</p>	4	<p>5 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM RSVP req'd: X322</p> <p>Clearing House: Cluttering Support 12:30 – 2PM, RSVP req'd: X315</p> <p>Yoga with Jared, 2 – 3PM, RSVP req'd: X322</p> <p>Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305</p>	6	<p>7 Tai Chi, 11AM – 12PM Reg req'd: X322</p> <p>Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req'd: X322</p> <p>Yiddish, 3 – 4:30PM Reg req'd: X305</p>	1 8	<p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p> <p>Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765</p>
9	<p>10 Places Please! LGBTQ+ Plays & Playwrights 12 – 1:30PM, Reg req'd: X305</p> <p>Men's Drop-In Support Group, 2 – 3:30PM RSVP req'd: X322</p> <p>Beginning Japanese, 3:30 – 5PM RSVP req'd: X305</p> <p>"Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 654-2561 for info</p>	11	<p>12 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322</p> <p>Yoga with Jared, 2 – 3PM, RSVP req'd: X322</p> <p>Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305</p>	13	<p>14 Yiddish, 3 – 4:30PM Reg req'd: X305</p>	15	<p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p> <p>Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765</p>
16	<p>17 Places Please! LGBTQ+ Plays & Playwrights 12 – 1:30PM, Reg req'd: X305</p> <p>Men's Drop-In Support Group, 2 – 3:30PM RSVP req'd: X322</p> <p>Beginning Japanese, 3:30 – 5PM RSVP req'd: X305</p> <p>"Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 654-2561 for info</p>	18	<p>19 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322</p> <p>Clearing House: Cluttering Support 12:30 – 2PM, RSVP req'd: X315</p> <p>Yoga with Jared, 2 – 3PM, RSVP req'd: X322</p> <p>Virtual Visit to Muttville, 2:30 – 3:30PM RSVP req'd: X315</p> <p>Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305</p>	20	<p>21 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req'd: X322</p> <p>Yiddish, 3 – 4:30PM Reg req'd: X305</p>	22	<p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p> <p>Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765</p>
23	<p>24 Places Please! LGBTQ+ Plays & Playwrights 12 – 1:30PM, Reg req'd: X305</p> <p>Men's Drop-In Support Group, 2 – 3:30PM RSVP req'd: X322</p> <p>Beginning Japanese, 3:30 – 5PM RSVP req'd: X305</p> <p>"Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 654-2561 for info</p>	25	<p>26 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322</p> <p>Yoga with Jared, 2 – 3PM, RSVP req'd: X322</p> <p>Intermediate Spanish, 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>	27	<p>28 Yiddish, 3 – 4:30PM Reg req'd: X305</p>	29	<p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p> <p>Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765</p>
30	<p>31 Memorial Day Openhouse offices closed</p>	June 1	<p>2 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM RSVP req'd: X322</p> <p>Clearing House: Cluttering Support 12:30 – 2PM, RSVP req'd: X315</p> <p>Yoga with Jared, 2 – 3PM, RSVP req'd: X322</p> <p>Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305</p>	3	<p>4 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req'd: X322</p> <p>Yiddish, 3 – 4:30PM Reg req'd: X305</p>	5	<p>Queer Elder Writing Workshop 12:30 – 2:30PM Closed group</p> <p>Art for Elders 1 – 3PM, Reg req'd: (415) 535-2765</p>

IMPORTANT NOTE: All Openhouse programs are being run virtually until further notice.

Wellness Programs

Virtual visit to Muttville!

Wednesday, May 19
2:30-3:30PM

Love dogs and want to feel some pure doggie-related joy? Join us for a monthly virtual visit to Muttville where we will watch the senior dogs gallivant around the headquarters, learn the stories of the dogs who are there, and spend some time enjoying the company of our community and some doggie companions.

Register with Ariel at
ariel@openhouse-sf.org



Virtual Yoga with Jared

Wednesdays, 2 - 3PM
through June 16

New!

Join Openhouse for a virtual yoga practice that is adjusted for the potential limitations of practicing yoga from home. No prior experience with yoga is required and no yoga props needed!

Instructor, Jared Braiterman (all pronouns), identifies as queer, over 55, and an Openhouse neighbor! His goal is to offer yoga to all types of people and bodies so they can gain and maintain physical and emotional wellness.

Register with Faire at (415) 699-2244 or
faire@openhousesf.org

Virtual Meditation

Every Thursday, 11-11:45 AM

Mindfulness meditation is an easily learned practice that can help us cope and be more physically and mentally resilient in a time when we are living with increased uncertainty and uneasiness. With this practice, we invite you to give your mind a break and create more space.



Register with Faire at (415) 699-2244 or
faire@openhousesf.org

May is Mental Health Awareness Month

**"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."
~Audre Lorde**

All Openhouse programs are held virtually via Zoom, which can be accessed via telephone or computer. For more info on how to virtually connect, call (415) 296-8995.

Program Highlights

Dr. Louise Aronson Talks Medications and Aging: The Good, Bad, and Ugly

Tuesday, May 25, 2-3:30PM
Co-sponsored with Shanti Project



Dr. Louise Aronson, leading geriatrician, professor of medicine at UCSF, and author of the Pulitzer Prize Finalist *Elderhood*, brings her expertise to the Openhouse community through a series of talks!

This month's topic: Medications are meant to help us, and many do – whether they are prescribed, over the counter, or recreational. But as we get older, medications do more harm. They can interact with each other, with our medical conditions, and with our changing bodies. Come learn the good, the bad, and the ugly about medications and old age. Bring your questions and concerns, your side effect anecdotes and your success stories. We will also discuss how to raise medication and side effect concerns with your doctor and strategies for using medications well.

Register with Ariel at ariel@openhouse-sf.org or (415) 503-4180.

Trans Resilience Group Every Monday, 5:30PM, Zoom

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 we come together to support each other through our individual walks in the trans experience. We welcome all TGNC folks to join – and look forward to building for community, by community.

To register, contact L'Oreale at (415) 654-2561 or learle@openhousesf.org



In the Life: Supporting LGBTQ POC

Every Wednesday
11AM-12:30PM



Join us for a support group for LGBTQ Elders of color. Prejudice, bias, and bureaucracy makes navigating government systems, health care, and life in general challenging for LGBTQ people of color, especially as elders and during a pandemic. This group is a space where it is safe to be your authentic self as we explore our experiences, share our stories, and connect with each other

Myles Dixon, facilitator, is gay-identified, African American and has a Master's in Health Systems Administration. Myles and the group welcome new members--the doors are always open

Register with Faire at (415) 699-2244 or faire@openhousesf.org

All Openhouse programs are held virtually via Zoom, which can be accessed via telephone or computer. For more info on how to virtually connect, call (415) 296-8995.

Looking for support?



Clearing House: Drop-In Clutter Support Group

Wednesdays, May 5 and 19, 12:30-2PM

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.

Register with Ariel at ariel@openhouse-sf.org or (415) 503-4180



LGBTQ Caregivers of those with Dementia Support Group

in partnership with the Alzheimer's Association

Wednesday, May 26, 6-7:30 PM

We welcome diverse LGBTQ caregivers to this monthly free drop-in support group. Caring for someone with dementia, whether mild or severe, is important and challenging work and inspires many questions about how to deal with what is. Join us as we continue to connect virtually through Zoom.

Register with Ariel at ariel@openhouse-sf.org or (415) 503-4180



Living with Loss: Virtual Drop-In Grief Support Group

Fridays, May 7 and 21, 1-2:30PM

Are you feeling sad? There are a variety of losses that we experience and many of us are feeling new and more acute forms of loss during COVID-19. Some of these experiences include loss that relates to isolation and loneliness, losing those we love, or maybe even the loss of the life we had before the pandemic. Loss and grief come in many forms. Join Openhouse and VITAS Healthcare for a drop-in grief support group where we can find community and support each other through these experiences in a safe and welcoming environment. This group is co-facilitated by Dale Poland and Jane Litman.

Register with Faire at, faire@openhousesf.org or (415) 699-2244.

All Openhouse programs are held virtually via Zoom, which can be accessed via telephone or computer. For more info on how to virtually connect, call (415) 296-8995.

(Continued from front page)

What's one misconception about loss and grieving?

A lot of people think that grieving happens in stages. This is a misunderstanding of the groundbreaking work of Elisabeth Kubler-Ross. Though she explained different ways that people respond to loss – shock, sadness, anger, bargaining, acceptance - these ways are not linear. These feelings come and go in cycles. Each person grieves differently. People also think there is a timetable for grief, but the bereavement process takes the time it takes. There is no right and wrong for sadness and loss. One of the best things about working with Vitas is the level of experience of the organization. People at Vitas know about grief and operate out of the most up to date information.



What brought you to offering grief support? What keeps you in it?

Loss is an inevitable part of living. I've experienced loss in my life, both personally and pastorally. I served LGBTQ outreach congregations during the pandemic. I lost both my brother and my nephew tragically young from fatal depression. I know that grief can be terribly isolating, particularly for queer people who might be estranged from our mainstream families. I have found that building networks of support makes all the difference. That is a great strength of our LGBTQ community. I feel privileged and honored to work for an organization like VITAS that prioritizes supporting vulnerable people in their time of need. In addition, my Jewish faith and culture gives me a foundation for finding meaning in helping others.

Has anything stood out about the Openhouse community?

The Openhouse community is wonderfully supportive without regard to gender or even orientation. We've had mothers and friends of LGBTQ people join the VITAS support group. People are kind and good to each other. Often during the meetings Chaplain Dale and I only provide a quiet supportive spiritual presence while the participants actively share and listen to each other, creating an atmosphere of love and connection. I encourage anyone who wishes to participate to join our groups. VITAS also offers a weekly LGBTQ+ virtual grief support group on Tuesdays via Zoom. Visit VITAS.com/SupportGroups to learn more and register.

What's one thing people would be surprised to learn about you?

Honestly, I don't think there is anything. I'm a pretty upfront person, and I'm not that unusual in our community. I'm a typical trans inclusive, anti-racist, 1970's radical bi feminist. I like cats, gardening, and cooking. Here's something: during shelter in place, when I was only seeing people on Zoom, I dyed my hair blue for the fun of it. But I don't think that would be all that surprising to anyone.

I'm a typical trans-inclusive, anti-racist, 1970s radical bi feminist.

.....
: Rabbi Jane Litman and Dale Poland co-faciliate the *Living with Loss Drop-In Grief Support Group*. For more info, see pg. 10.
:

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

MAY 2021



Welcome Dottie (she/her), Openhouse's new Volunteer Engagement Coordinator. Dottie has been a part of the San Francisco queer community since 2008 when she brought her weekly variety show from New York City. Dottie's affinity for intergenerational connection comes organically: including these populations in both the events she produces and her social activity. She comes to Openhouse through her love and work with some of our members; most particularly a relationship with Phyllis Lyon. Dottie brings heaps of enthusiasm for the volunteer program and is eager to make long lasting matches. If you or someone you know would like to volunteer in one of our programs, contact Dottie at Dluxenburg@openhousesf.org