Openhouse Welcomes Our New Executive Director, Kathleen Sullivan

Please join Openhouse staff and board of directors in welcoming our new Executive Director Kathleen Sullivan, Ph.D., who officially joined us on July 19. Kathleen, who has 20 years of experience in creative community design, relocated from Portland, Oregon, where she earned a reputation as a tireless advocate for elders, the LGBTQ+ community, and affordable housing.

"We are delighted and fortunate to find someone with Kathleen's direct experience, proven expertise, and deep passion in the area of affordable housing and services for LGBT elders," says Openhouse Board Co-chair Tim Sweeney. "Given her background of advocacy, management, coalition building and fundraising, we know she is immensely capable of leading the Openhouse community as we step into this next phase of our development." (cont. pg.2)

Openhouse Artists featured at Haight Street Art Center

Last month, Haight Street Art Center hosted six Openhouse artists' for a private tour of their current exhibit: *Queer Visions*. The featured artists previously participated in Openhouse's Pride Inside poster contest and their submitted artworks are now on display as part of the exhibit.

Left: (L to R) Artists Keith Baillie, Kered, EDDE, Lourdes Pollard, Donna Marchesano, and Kim Ringle pose with HSAC Executive Director Kelly Harris and Openhouse Case Manager Aiden Goodwin.

New Executive Director (cont. front pg.)

Kathleen's educational background includes a Ph.D. in Urban Studies and Planning with a focus on housing for LGBTQ mid-life and older adults. She served as Director of the Senior Services Department for the Los Angeles LGBT Center, which provides a comprehensive suite of services for LGBTQ older adults including healthcare, housing, and social services. She also served as Executive Director of Generations Aging with PRIDE in Seattle, WA. As Regional Director of EngAGE NW, she was instrumental in bringing 1,100 new units of intergenerational affordable housing to the Portland metro area and rural Oregon. In addition, she teaches two courses in Social Gerontology and Families & Aging as an Adjunct Professor at Oregon Health Sciences/Portland State University School of Public Health.

"San Francisco's LGBTQ elders led a revolution for civil rights in this city and country. Having the opportunity to work with the community is the highest honor I can imagine," Kathleen said when her appointment was announced on June 9. "Carrying on the work, with a focus on serving those in our community who are most vulnerable due to institutional racism, transphobia and discrimination and looking for new ways to further serve LGBTQ older adults is an opportunity I am very grateful to have. I look forward to learning from them and marching forward together, as we further the ambitious mission of Openhouse."

Kathleen looks forward to meeting community members as we scale-up our return to on-site activities over the next few months.

Volunteer Corner: Lynn Jordan

Each month let's take a look at all the sensational Volunteers that are quite literally the driving force making Openhouse function.

Outside of work with Openhouse, Lynn has a long list of accolades relating to his work with community. Most impressively: holding the position of Metropolitan Community Church of San Francisco (MCCSF) historian and archivist for over 15 years. He also received the Rev. Troy Perry MCC Founders Award for dedication and working in concert with the LGBTQ movement in California.

As far as his work with Openhouse's Friendly Visitor Program—for over seven years Lynn has been a friendly peer and sees his involvement as opportunity to reach out to those who live in isolation and with loss of their peer support group. In Lynn's words, "My current friendly visitor of four years is a peer who shares the longevity of a 50+ year, concurrent history and journey in San Francisco. He has become a cherished friend of shared interests. Just knowing that Openhouse is there to provide an array of resources to the elders of our LGBTQ+ communities is reassuring that we are not alone."

Thank you so much Lynn for all you do for our world!

New Programs

Reach Out, Come Out, Plug Back In
A New Support Group
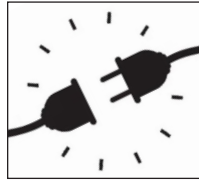
Thursdays, August 12, 19, and 26, 4-5:30PM

The lasting impact of COVID-related isolation can be felt deeply by LGBTQ seniors. As a community with a history of mistrust and shame, the impact of shelter-in-place may be reigniting our social inhibition. Now with the prospect of being in-person, we may be confronting a wide range of feelings: emotional residue from the past; overwhelm at changes in restrictions and health expectations; and general uneasiness around engaging in person as we emerge from 15 months of physical isolation.

Join facilitator Den Reno, Ph.D., for a closed 8-week session to renew and refresh the in-person experience. Space is limited and a conversation with the facilitator is required before joining.

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

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 415-535-2769 or pweldon@openhousesf.org

Rainbow Social via Zoom

Wednesday, August 11, 12-1:30PM

Openhouse is launching our first Zoom social, the Rainbow Social! This will be a monthly virtual social space where you will have a chance to see so many folks you have missed and have casual conversations with people in different breakout rooms. We know that many of you greatly miss our in-person social opportunities, but until we ensure the safety of ALL our community members, we look forward to seeing you on Zoom for a virtual good time.

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

Resources

Questions about Housing and Resources?
Come to Housing/ADRC Drop-In Hours!
Wednesdays 1-4PM and Thursdays 9AM-12PM

Openhouse's Housing and Resource Navigation Program is now offering in-person drop-in hours to help with your questions about housing and resources, like filling out applications, using DAHLIA, resolving technology challenges, and more.

You're not required to bring any documents with you, but the following can be helpful:

- photo ID
- proof of income (i.e. Social Security/SSI benefits letter, pension statement, or recent paystub)
- proof of SF or other residency (i.e. utility bill, internet bill, or copy of lease)
- any relevant housing documents (i.e. eviction notice or letter from landlord)

A face mask is required for entry.

Not sure what to bring with you? Call Aisling at (628) 219-6519.

Food Support? Grocery Shopping? Other Errands? We Can Help!!!

As we continue to transition out of the pandemic, 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

Tech Support Office Hours

Tuesday August 3 and 17, 1-4PM
In-person or via Zoom

Openhouse will now be holding tech support office hours every 1st and 3rd Tuesday of the month at our 75 Laguna St location. Faire Faircloth will be your tech helper and will work with you to figure out your tech in person or via Zoom. Please understand that these appointments can only max 45 mins in length so please come ready with your questions and bring the technology with you (if you can).

We want to make sure you remain connected to your world and are able to navigate the tricky waters of the tech world.

To book an appointment, contact Faire at (415) 699-2244 or faire@openhousesf.org
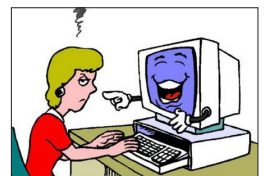
Mind and Body Wellness

Virtual Yoga with Jay is Back!

Fridays, August 13, 20 and 27
2:30-3:30PM
via Zoom

Long-time Openhouse Yoga instructor, Jay Helfand, offers a slow flow for all bodies, connecting breath and movement in a grounding and nourishing practice. The movements in this virtual class will be adjusted for the potential limitations of practicing yoga from home. No prior experience is required and no yoga props needed!

This practice is offered through Zoom. Jay has been teaching yoga and somatics for queer, trans and disabled communities for the last 6 years.

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

Join the Openhouse Walking Group

August 13 and 27, 11AM-12PM

Openhouse is very excited to bring back the Walking Group – our first in-person group in over a year. Join us as we move together, talk, and explore the neighborhoods around Openhouse. Everyone is welcome. We will be taking several COVID precautions to ensure our community is safe. You must register prior to joining the group and we will provide instructions for participation when you register.

Leading us will be community member, Freddie Kendrick. Freddie has been a certified nursing assistant for 30 years and is a volunteer Chaplain at Davies. With a desire to do more for the community and to increase wellness, joy, and connection, Freddie is looking forward to leading the Openhouse community in fun neighborhood jaunts twice a month.

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Men's Drop-In Support Group 2 – 3:30PM, RSVP req'd: X322 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 654-2561 for info	3 Tech Help Office Hours, 1PM -4PM By appointment only: X322 Gay Gray Writers, 4 – 6PM Reg req'd: X322	4 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322 Clearing House: Cluttering Support, 12:30 – 2PM RSVP req'd: X315 Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305	5 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322	6 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req'd: X322 Yiddish, 3 – 4:30PM Reg req'd: X305	7 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group
8	9 Places Please Act 2, 11AM – 12:30PM Reg req'd: X322 75 Laguna Community Center Tours 2 – 2:45PM or 3 –3:45PM To register contact (628) 263-3262 Men's Drop-In Support Group 2 – 3:30PM, RSVP req'd: X322 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 654-2561 for info	10 Self-Compassion and Belonging 1 – 2:30PM, Reg req'd: X322	11 "In the Life": Supporting LGBTQ POC, 11AM – 12:30PM RSVP req'd: X322 Rainbow Social via Zoom, 12 – 1:30PM RSVP req'd: X322 Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305	12 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322 Housing Workshop, 2 – 3:30PM RSVP req'd: X310 Reach Out, Come Out, Plug Back In 4 – 5:30PM, Reg req'd: X322	13 **Walking Group, 11 – 12PM** **Reg req'd: X322** Virtual Yoga w/ Jay 2:30 – 3:30PM, Reg req'd: X322 Yiddish, 3 – 4:30PM	14 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group
15	16 Places Please Act 2, 11AM – 12:30PM Reg req'd: X322 Men's Drop-In Support Group 2 – 3:30PM, RSVP req'd: X322 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 654-2561 for info	17 LGBTQ Seniors with Chronic Physical Disabilities Support Group, 1 – 2:30PM Reg req'd: X322 Tech Help Office Hours, 1PM -4PM By appointment only: X322 Gay Gray Writers, 4 – 6PM, Reg req'd: X322	18 "In the Life": Supporting LGBTQ POC, 11AM – 12:30PM RSVP req'd: X322 Clearing House: Cluttering Support, 12:30 – 2PM RSVP req'd: X315 Virtual Visit to Muttville, 2:30 – 3:30PM RSVP req'd: X315	19 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322 Cooking Matters, 11AM – 12:30PM Session full Reach Out, Come Out, Plug Back In 4 – 5:30PM, Reg req'd: X322	20 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req'd: X322 Virtual Yoga w/ Jay 2:30 – 3:30PM, Reg req'd: X322	21 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group
22	23 Places Please Act 2, 11AM – 12:30PM Reg req'd: X322 75 Laguna Community Center Tours, 2 – 2:45PM or 3 –3:45PM To register contact (628) 263-3262 Men's Drop-In Support Group 2 – 3:30PM, RSVP req'd: X322 Intermediate Japanese, 3:30 – 5PM Reg req'd: X305 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 654-2561 for info	24 Self-Compassion and Belonging 1 – 2:30PM, Reg req'd: X322 Housing Workshop, 2 – 3:30PM, RSVP req'd: X310	25 "In the Life": Supporting LGBTQ POC, 11AM – 12:30PM RSVP req'd: X322 LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM, Reg req'd: X315	26 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322 Cooking Matters, 11AM – 12:30PM Session full Reach Out, Come Out, Plug Back In 4 – 5:30PM, Reg req'd: X322	27 **Walking Group, 11 – 12PM** **Reg req'd: X322** Virtual Yoga w/ Jay 2:30 – 3:30PM, Reg req'd: X322	28 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group
29	30 Men's Drop-In Support Group 2 – 3:30PM, RSVP req'd: X322 Intermediate Japanese, 3:30 – 5PM Reg req'd: X305 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 654-2561 for info	31 Self-Compassion and Belonging 1 – 2:30PM, Reg req'd: X322 Gay Gray Writers, 4 – 6PM Reg req'd: X322	September 1 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322 Clearing House: Cluttering Support, 12:30 – 2PM RSVP req'd: X315	2 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322 Cooking Matters, 11AM – 12:30PM Session full Reach Out, Come Out, Plug Back In 4 – 5:30PM, Reg req'd: X322	3 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req'd: X322	4 Queer Elder Writing Workshop 12:30 – 2:30PM Closed group

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

Support Groups via Zoom

LGBTQ Caregivers of Those with Dementia Support Group

Wednesday, August 25, 6-7:30PM, via Zoom

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

LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, August 17, 12:30-2PM via Zoom

People with chronic physical disabilities often feel left out even when in a group. Join us for a monthly group where we'll discuss how it feels to be disabled, managing those feelings in a healthy and self-compassionate way, and other topics.

Facilitator Max Lane is a gay-identified man who's been disabled by polio for 69 years. He is a disability rights and independent living advocate and has served as president of the board of directors of ILRCSF for 4 years.

Interested? Contact Ariel at (415) 503-4180 or ariel@openhouse-sf.org

Living with Loss: Virtual Drop-In Grief Support Group

Fridays, August 6 and 20, 1-2:30PM, via Zoom

There are a variety of losses that we experience, such as 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. This group is co-facilitated by Dale Poland and Rabbi Jane Litman.

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

Clearing House: Drop-In Clutter Support Group

Wednesdays, August 4 and 18, 12:30-2PM, via Zoom

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 (415) 503-4180 or ariel@openhouse-sf.org

Self-Compassion and Belonging

Tuesdays August 10, 24, and 31, 1-2:30PM
No group on August 3 and 17

Join us as we explore how to offer ourselves compassion as we age; how to create spaces of belonging with others; and more. We'll discuss what keeps you going, what gives you a sense of meaning and purpose, and learn some new tools for relieving stress and creating resiliency.
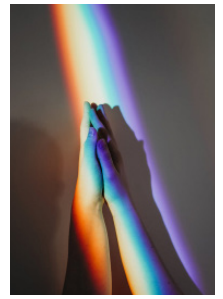
This group is facilitated by Molly Reno, a somatic life coach and Stronghold facilitator who has been leading Self-Care and Self-Compassion support groups at Openhouse since 2012.

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

In the Life: Supporting LGBTQ POC

Every Wednesday, 11AM-12:30PM
via Zoom

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. This group is a space where it is safe to be your authentic self as we explore our experiences, share stories, and connect with each other.

Myles Dixon, who is gay-identified and African American has been facilitating this group for almost two years. He has a Masters in Health Service, Administration, and Community Health Planning and has both personal and professional experience working with elders and LGBTQ folks. Myles and the group welcome new members—the doors are always open.

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

Trans Resilience Support

Every Monday, 5:30-7PM
via Zoom

Join other transgender and gender non-conforming seniors as they come together to support each other through their individual walks in the trans experience.

Co-presented by TGI Justice Project. Hosted by Ms. Billie Cooper

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

TGI JUSTICE

Most Openhouse programs are still 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 some fun!

Friendly Visitor Program during COVID-19

Opportunities to connect in person may have changed for now, however, social interactions 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.

To learn more, contact Penn at (415) 535-2769 or pweldon@openhousesf.org

Art at Openhouse
In partnership with Art With Elders

Every Saturday, 1-3:15PM

Join to explore new ideas, and build positive relationships with your peers. These are not craft activities, but instead focus on skill-building — ranging from color and composition to perspective and background. This class will explore a variety of mediums and is open to all skill levels. Supplies are provided, and there will be a waiting list. 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

Gay Gray Writers
Tuesdays
August 3, 17 and 31
4-6PM

The Gay Gray Writers (GGW), a male-identified group, was created over six and half years ago by eight Openhouse community members. As a self-directed group, GGW adopted a format resembling a writing workshop, where written pieces are gently critiqued. Memoir has been the main type of writing generated by GGW participants however, other writing genres, and fiction, have also been presented in the workshop. The sessions are not academic in nature, all levels of writing are welcome. The group is currently open. Bring a written piece to share with the group and join us via Zoom.

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

Openhouse + On Lok Community Day Services: "Not Your Typical Center."

A life-affirming place, welcoming LGBTQ seniors as their whole selves

"Not your typical center" is how Openhouse + On Lok Community Day Services (CDS) describes its new, first-of-its-kind adult day center at 75 Laguna Street in San Francisco.

CDS brings together the experience and community expertise of Openhouse and On Lok, a leading nonprofit provider of healthcare and programs for older adults, to provide services that embrace LGBTQ participants' identity and individuality.

In this safe and life-affirming space, LGBTQ seniors can engage with their community and benefit from meals, services to support wellness and personal care, transportation, and social activities. The program is offered with a sliding scale discount to make it affordable to all.

"The center is on the second floor of a brand-new facility built by Openhouse. It houses an activity room equipped with a projector, screens, and other state-of-the-art technology—this is where most therapeutic sessions, meals, and social interaction will take place," said Francesca Gonzalez, On Lok's Director of Senior Programs - Day

The activity room is equipped for community events and can be sectioned off for more intimate therapeutic services.

Services. "We have a kitchen where we can receive and serve daily hot meals and gender-neutral bathrooms with showers for personal care and toileting. There is also a library where participants can enjoy quiet space and a variety of queer magazines, books, and memorabilia."

The center shares an outdoor space with the residents of Openhouse Community at 55 Laguna, with picnic tables and natural shade.

"Openhouse is a trusted name in the LGBTQ community, while On Lok is the expert in senior programming and healthcare," said Gonzalez. "Ours is a true partnership that will ensure community members feel heard, seen, and taken care of, with no barriers from intake to participation, in full respect of their individual stories."

For more information about CDS, please email Ephraim Getahun at egetahun@openhousesf.org or call 415-535-0927.

The outdoor space where seniors can relax, socialize and enjoy the sunshine.

openhouse

housing, services, and community for LGBT seniors

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

AUGUST 2021