

Reach Out, Come Out, Plug Back In

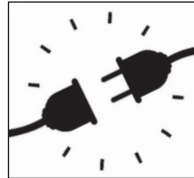
A new virtual support group

Thursdays beginning mid-September 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—particularly as we endure the uncertainties of new variants. With the ever-changing 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.

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



SEPTEMBER 2021

In this month's issue...

pg 2	New Programs
4	Find a fun activity
5	Mind and Body Wellness
8	Looking for support?
10	Resources
11	In memory of James Hormel

Tour Our New Community Center

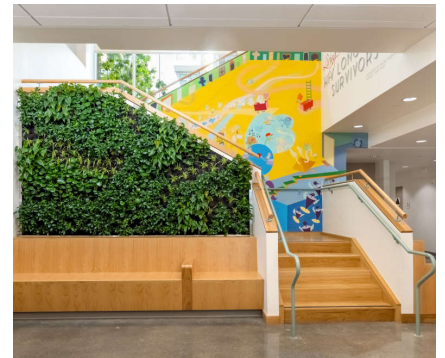
Monday, September 13 and 27, see below for tour times.

The new Openhouse Community Center at 75 Laguna is ready! We're in the process of planning in-person programs and events. In the meantime, we're offering tours. To maintain social-distancing and COVID safety protocols, capacity is limited and sign-up for tours is required. Come see this beautiful community space for yourself on the 2nd and 4th Monday of each month:

- Tour One: 2-2:45 PM
- Tour Two: 3-3:45 PM

We also invite you to share reflections on this past year, honor those we've lost, and acknowledge where we are today as we move into this new chapter. Spanish and Cantonese translators are available upon request (please specify when signing up). Masks are required.

To sign up for a tour, contact Kevin at 628-263-3262 or koneal@openhousesf.org



New Programs

Flavorful, Healthy Cooking at Openhouse

Thursdays, September 30, October 7, 14, and 21
11AM-12:30PM, via Zoom

In partnership with 18 Reasons, a non-profit community cooking school, Openhouse welcomes you to join a series of cooking classes 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 free of charge. Classes are held in a cycle of four sessions.

Please note that space is limited and therefore we ask that you agree to attend all four classes.

Register with Kevin at koneal@openhouse-sf.org, (628) 263-3262.



MISCI Creative Engagement Program

3-month program starting in October
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



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.

Long-Term Survivors of HIV/AIDS Support Group Thursdays beginning October 21, 12-1:30PM

Join Openhouse and Alliance Health Project for a new group!

"...As we approach the fourth decade of the AIDS pandemic, long-term survivors are facing another epidemic: one of isolation" (Tez Anderson, 2019). Living with HIV/AIDS has always come with a unique set of challenges. Today, people who have been living with HIV/AIDS for many years are experiencing high rates of isolation and an increased need to connect. We welcome all LGBTQ Older Adults living with HIV/AIDS looking for a space to build connection and community.

Facilitators:

Alejandro Martinez has facilitated HIV support groups continuously for over 35 years. He has led grief groups, worked as a counselor at Peter Claver Community, worked as a Homeless AIDS Residence and is currently the Lead Group Facilitator for the Men's Drop-In Support Group at Openhouse.

Barton Shulman, LPCC, NCC, BC-TMH, is a full-time staff psychotherapist at the UCSF Alliance Health Project focused on Long-Term HIV Survivors, providing individual and group psychotherapy. He has facilitated HIV support groups for over 25 years. Bart is a licensed clinical mental health counselor in California as well as five other states.

A conversation with a facilitator is required prior to joining the group.

To learn more, contact Faire at faire@openhousesf.org, (415) 699-2244.

Dr. Aronson Talks Aging and the Brain: Part 1 Wednesday, October 13, 2-3:30PM

Our brains change as we age, both for better and for worse. With more advanced age, decline is common, even for people who don't have dementia. Still, cognitive impairment is highly variable and there are many things a person can do to improve their brain function.

In Part 1 of this series, we will address normal brain aging and what you can do to optimize your function. Next month we will cover part 2, which will focus on common concerns and what you can do if you experience worrisome changes. In both sessions, the goal is to provide you with key information and resources to help maintain and support your brain!

Dr. Louise Aronson is a leading geriatrician, professor of medicine at UCSF, and author of the Pulitzer Prize Finalist "Elderhood".

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



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, 2:30-4:30PM

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

Virtual visit to Muttville!

Wednesday, September 15
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 (415) 503-4180 or ariel@openhouse-sf.org



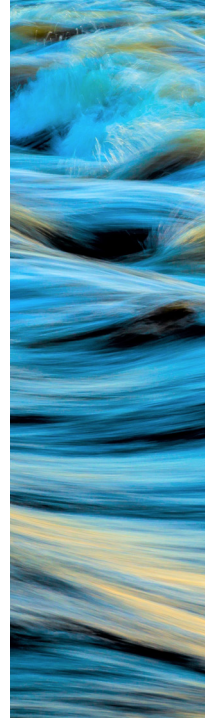
Mind and Body Wellness

Move Better and Feel Better: The Feldenkrais Method® Wednesday, October 27, 1-2:30PM

Come learn about this innovating approach to movement! The Feldenkrais Method® is a way of learning — learning to move with greater ease and freedom, to carry less stress in your body, to find more comfortable ways to move through your daily activities. It is learning through, and with, your body. Students often experience immediate improvements in posture, a sense of lightness in their movement, and reduction of chronic pain. Everyone can benefit. The learning experience is engaging, relaxing, and fun. Join us!

Instructor, Kenneth Tom, PhD, a Guild-Certified Feldenkrais Practitioner and certified yoga therapist. He integrates his orientation to wellness in his movement work as well as his work as a speech language pathologist.

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



Virtual Yoga with Jay!

Fridays, September 3, 10, 17, 24
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



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			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	3 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	4 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X322 Art with Elders 2:30 – 4:30PM Reg req'd: X316
5	6 Labor Day - Openhouse Closed	7 Self-Compassion and Belonging 1 – 2:30PM, Reg req'd: X322 Tech Help Office Hours 2:30PM – 5PM, By appointment only: X322	8 "In the Life": Supporting LGBTQ POC, 11AM – 12:30PM RSVP req'd: X322 Rainbow Cafe via Zoom, 12:30 – 1:30PM RSVP req'd: X322	9 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322 Housing Workshop, 2 – 3:30PM RSVP req'd: X310	10 Walking Group, 11 – 12PM Reg req'd: X322 Virtual Yoga w/ Jay 2:30 – 3:30PM	11 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X322 Art with Elders 2:30 – 4:30PM
12	13 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	14 Gay Gray Writers, 4 – 6PM, Reg req'd: X322 Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 8604460227 Contact Trans Thrive 415-292-3420	15 "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	16 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322	17 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	18 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X322 Art with Elders 2:30 – 4:30PM Reg req'd: X316
19	20 Places Please Act 2, 11AM – 12:30PM Reg req'd: X322 Men's Drop-In Support Group 2 – 3:30PM, RSVP req'd: X322 Intermediate Japanese, 3:30 – 5PM Reg req'd: X322 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 654-2561 for info	21 LGBTQ Seniors with Chronic Physical Disabilities Support Group, 1 – 2:30PM Reg req'd: X322 Tech Help Office Hours 2:30PM – 5PM, By appointment only: X322	22 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322 Intermediate Spanish, 3 – 4:30PM Reg req'd: X322 LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM, Reg req'd: X315	23 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322	24 Walking Group, 11 – 12PM Reg req'd: X322 Virtual Yoga w/ Jay 2:30 – 3:30PM Reg req'd: X322 Yiddish, 3 – 4:30PM Reg req'd: X322	25 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X322 Art with Elders 2:30 – 4:30PM Reg req'd: X316
26	27 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: X322 "Trans Resilience" TGNC Support Group 5:30 – 7:30PM, (415) 654-2561 for info	28 Housing Workshop, 2 – 3:30PM RSVP req'd: X310 Gay Gray Writers, 4 – 6PM, Reg req'd: X322 Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 8604460227 Contact Trans Thrive 415-292-3420	29 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X322 Intermediate Spanish, 3 – 4:30PM Reg req'd: X322	30 Drop-In Meditation, 11 – 11:45AM Reg req'd: X322 Cooking Matters, 11AM – 12:30PM To register contact (628) 263-3262	October 1 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req'd: X322 Yiddish, 3 – 4:30PM Reg req'd: X322	2 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X322 Art with Elders 2:30 – 4:30PM Reg req'd: X316

Support Groups via Zoom

LGBTQ Caregivers of Those with Dementia Support Group

Wednesday, September 22, 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



Living with Loss: Virtual Drop-In Grief Support Group

Fridays, September 10 and 24
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



LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, September 21, 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

Clearing House: Drop-In Clutter Support Group

Wednesdays, September 1 and 15
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



Rainbow Cafe via Zoom

Wednesday, September 14, 12:30-1:30PM

Brew yourself a coffee, grab a sparkling water, and a tasty snack and come to the RAINBOW CAFE via Zoom! We'll be doing a variety of get to know you activities and breaking out into groups to talk about different light-hearted topics. 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.

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

Join the Openhouse Walking Group

Fridays, September 10 and 24
11AM-12PM

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.

Leading us is community member and volunteer Freddie Kendrick. Freddie has been a certified nursing assistant for 30 years and is a volunteer Chaplain at Davies. He looks forward to increasing our community's wellness, joy, and connection through the Walking Group!

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



Resources

Results from LGBTQ Older Adult Survey Available Online!

If you have been more depressed, lonely and/or stressed out during COVID, you are not alone. Now there's proof that many of us are feeling the same way.

A LGBTQ Older Adult Survey just released last month by the San Francisco LGBTQ Aging Research Partnership (LGBTQ-ARP) shows that depression, loneliness, social isolation, and stress increased dramatically during COVID. The goal of the survey was to provide the community, the city and foundations with more information to best allocate resources to address any unmet needs.

If you would like to see the full report, you can find it on the Openhouse website at www.openhousesf.org.



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, September 7 and 21
2:30-5PM

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



Openhouse mourns the passing of Trailblazer Ambassador James Hormel

James Catherwood Hormel was the first U.S. Ambassador to serve openly as a gay man. A long-time friend and contributor to Openhouse, Ambassador Hormel died of natural causes in San Francisco on August 13, at the age of 88.

“Jim Hormel was a giant in LGBT activism and philanthropy. He was a smart, determined, generous and compassionate person,” said Openhouse Board Member Tim Sweeney. “He had a huge heart and gave wise counsel to many leaders, projects and causes. My heart goes out to his husband Michael and their extended family. ”

President Bill Clinton appointed Mr. Hormel as ambassador to Luxembourg in 1999. It was a controversial assignment openly challenged by Republicans and the Christian right, who were strongly opposed to having a gay man represent the United States.

In a 2016 interview with the *Bay Area Reporter*, Mr. Hormel said he actively pursued the position because, “I would break a ceiling and make it easier for gay people to serve at the highest levels of government.” He served as ambassador for two years, leaving the post in 2001.

In their message of condolence, President Clinton and former Secretary of State Hilary Clinton said, “Jim devoted his life to advancing the rights and dignity of all people, and in his trailblazing service in the diplomatic corps, he represented the United States with honor and brought us closer to living out the meaning of a more perfect union.”

Recipient of countless honors, Ambassador Hormel was Lifetime Achievement Grand Marshal for the San Francisco Pride Parade in 2010. Five years earlier, he was 2005 Community Grand Marshal. The Commonwealth Club of California honored him in 2016 with its first Champion of Civil Rights and Social Justice Award. He helped found the Human Rights Campaign (HRC) in 1980 to fight for equal rights for LGBTQ+ people.

In 2014, Mr. Hormel married Michael Nguyen and the couple became well known for their big-hearted philanthropy, supporting many organizations and causes, including Openhouse. They have been major donors and champions of Openhouse through the years, helping build our Laguna Street campus with their generous contributions to our Expansion Campaign. Openhouse honored their philanthropic and humanitarian leadership with our Trailblazer Award at the 2015 Spring Fling Gala.



Above: Ambassador Hormel and husband Michael feted with the Openhouse Trailblazer Award at 2015 Spring Fling.

SEPTEMBER 2021

Volunteer Spotlight: Don Jones

Described as caring, outgoing and funny, Don Jones has been a resident of San Francisco, from Vancouver, since 1998.

Fifteen years later he learned about Openhouse and walked with us in the 2015 Pride Parade. Soon after he was linked up with a community member as a Friendly Visitor; they stay connected to this day! They both enjoy art and together have explored making art, painting, and visiting local art museums. In Don's words: "I'm proud that I have made an impact on my CM's life. Sometimes he calls me a 'guardian angel'."

Outside of his volunteerism with Openhouse, Don gives back to his community by volunteering with BridgeMen, Tenderloin Tessie and California Parks. Don will be celebrating his marriage to his partner of 22 years in just a few months. Congratulations, Don and thank you for all you do!

Interested in volunteering with Openhouse? Contact Dottie at (415) 231-5888.

