

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,” said Tez Anderson, HIV long-term survivor activist.

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 at 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, reach out to rsvp@openhousesf.org or (415) 531-5871.



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Wedding Bells Ring for Openhouse Couple

After 44 years together, long-time Openhouse community members Jerry and Fred made it official, and got married! Jerry and Fred are regulars at Rainbow Lunch, and it was during a Rainbow Lunch that the couple announced their engagement. This past year and a half has been challenging in so many ways, and so heartwarming to be able to share their very special news! Cheers to Jerry and Fred!



New Programs

Dr. Aronson Talks Aging and the Brain

Part 1: Wednesday, October 13, 2-3:30PM

Part 2: Wednesday, November 10, 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. In Part 2, we 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 to rsvp@openhousesf.org or (415) 531-5871.

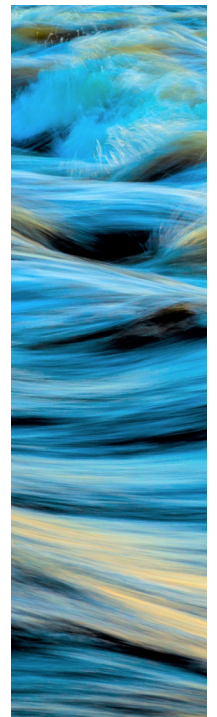


Move Better and Feel Better: The Feldenkrais Method® Wednesday, October 27, 1-2:30PM

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 to rsvp@openhousesf.org or (415) 531-5871.



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.



Sister Circle: a social discussion group

Tuesday, October 26, 12-1:30PM

Via Zoom. Meeting ID: 893 3700 8422

Many of us are still living in isolation or in a distanced way. Let's get together on Zoom to grow friendships and make new connections. We warmly welcome our community members, opening the digital doors to all women of all expressions the 4th Tuesday of every month.

To receive a reminder email, RSVP to rsvp@openhousesf.org or (415) 531-5871.

Otherwise feel free to drop in using the Zoom Meeting ID: 893 3700 8422.



Above: Writers Audre Lorde, Meridele Le Sueur, and Adrienne Rich at a workshop in Austin, Texas in 1980

Healthy Aging Begins at Home Openhouse LGBT Elder Housing Services Virtual Symposium

November 4 and 5, 11AM-2PM




Two-day symposium co-hosted by Openhouse and SAGE

Clinicians, housing providers, LGBTQ+ and aging advocates, and service providers will come together to discuss the housing services formulas necessary to help our aging LGBTQ+ population! Affordable housing is only one part of a multifaceted effort to provide LGBTQ+ older adults with the opportunity to thrive. The two-day event will include facilitated workshop discussions to provide audience members an opportunity to engage with the speakers on their topics of expertise.

Register with Ephraim at (415) 535-0927 or egetahun@openhousesf.org



Some of Our Incredible Speakers:

		
Dr. Kathleen Sullivan	Judy Bowenwiener	Dr. Roland Zepf

Openhouse
Executive Director

Community Member
and Activist

Nurse Manager
and Researcher

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

Rainbow Cafe via Zoom

Wednesday, October 13
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 to rsvp@openhousesf.org or (415) 531-5871.



Mind and Body Wellness

Join the Openhouse Walking Group

Fridays, October 8 and 22, 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 Kevin at (628) 263-3262 or koneal@openhousesf.org



Virtual Visit to Muttville!

Wednesday, October 20
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



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 to rsvp@openhousesf.org or (415) 531-5871.



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	October is Latine Heritage Month & LGBTQ History Month!		Housing & ADRC Drop-In Hours Every Wednesday 1 – 4PM Come to 75 Laguna	Housing & ADRC Drop-In Hours Every Thursday 9AM – 12PM Come to 75 Laguna	1 Virtual Yoga w/ Jay 2:30 – 3:30PM Reg req'd: X311 Yiddish, 3 – 4:30PM Reg req'd: X305	2 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
3	4 Places Please Act 2, 11AM – 12:30PM Closed group Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 Intermediate Japanese, 3:30 – 5PM Reg req'd: X305 "Trans Resilience" TGNC Support Group	5 Tech Help Office Hours 2:30PM – 5PM By appointment only: X322	6 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X311 Clearing House: Cluttering Support, 12:30 – 2PM RSVP req'd: X315 Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305	7 Drop-In Meditation, 11 – 11:45AM Reg req'd: X311 Cooking Matters, 11AM – 12:30PM To register contact (628) 263-3262 Reach Out, Come Out, Plug Back In 4 – 5:30PM, Closed Group	8 Walking Group 11 – 12PM Reg req'd: (628) 263-3262 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req'd: X311 Yiddish, 3 – 4:30PM Reg req'd: X305	9 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
10	11 Indigenous People's Day Openhouse Offices Closed (It's also, National Coming Out Day)	12 Gay Gray Writers, 4 – 6PM Reg req'd: (510) 333-4464 Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 8604460227 Contact Trans Thrive at (415) 292-3420 for more info	13 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X311 Rainbow Cafe via Zoom, 12:30 – 1:30PM RSVP req'd: X311 Dr Aronson Talks Aging & the Brain: Pt 1 2 – 3:30PM, Reg req'd: X311 Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305	14 Drop-In Meditation, 11 – 11:45AM Reg req'd: X311 Cooking Matters, 11AM – 12:30PM To register contact (628) 263-3262 Housing Workshop, 2 – 3:30PM, RSVP req'd: X310 Reach Out, Come Out, Plug Back In 4 – 5:30PM, Closed Group	15 Latine Heritage Month Ends Yiddish, 3 – 4:30PM Reg req'd: X305	16 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
17	18 75 Laguna Community Center Tours 2 – 2:45PM or 3 – 3:45PM Reg req'd: (628) 263-3262 Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 Intermediate Japanese, 3:30 – 5PM Reg req'd: X305 "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378 for info	19 LGBTQ Seniors with Chronic Physical Disabilities Support Group 1 – 2:30PM, Reg req'd: X311 Tech Help Office Hours 2:30PM – 5PM By appointment only: X322	20 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X311 Clearing House: Cluttering Support, 12:30 – 2PM RSVP req'd: X315 Virtual Visit to Muttville, 2:30 – 3:30PM RSVP req'd: X315 Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305	21 Drop-In Meditation, 11 – 11:45AM Reg req'd: X311 Cooking Matters, 11AM – 12:30PM To register contact (628) 263-3262 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Reg req'd: X311 Reach Out, Come Out, Plug Back In 4 – 5:30PM, Closed Group	22 Walking Group 11 – 12PM Reg req'd: (628) 263-3262 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg req'd: X311 Yiddish, 3 – 4:30PM Reg req'd: X305	23 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
24	25 Asexual Awareness Week 75 Laguna Community Center Tours 2 – 2:45PM or 3 – 3:45PM Reg req'd: (628) 263-3262	26 Intersex Awareness Day Housing Workshop 2 – 3:30PM, , RSVP req'd: X310	27 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X311 Move Better, Feel Better: The Feldenkrais Method® 1 – 2:30PM, Reg req'd: X311 Intermediate Spanish, 3 – 4:30PM, Reg req'd: X305 LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM, Reg req'd: X315	28 Drop-In Meditation, 11 – 11:45AM Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Reg req'd: X311 Reach Out, Come Out, Plug Back In 4 – 5:30PM, Closed Group	29 Yiddish, 3 – 4:30PM Reg req'd: X305	30 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
31	Happy Halloween! Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 Intermediate Japanese, 3:30 – 5PM Reg req'd: X305 "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378 for info					

Support Groups via Zoom

LGBTQ Caregivers of Those with Dementia Support Group

Wednesday, October 27, 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, October 8 and 22
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 to
rsvp@openhousesf.org
or (415) 531-5871.



LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, October 19, 1-2:30PM, 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

Trans Resilience Support Group Every Monday 5:30-7PM

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 J at (415) 961-8378 or
jjha@openhousesf.org

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 to rsvp@openhousesf.org or
(415) 531-5871.

Staff Updates!



Ephraim Getahun (he/him) has been promoted to Director of Strategic Partnerships and Training at

Openhouse! Ephraim will be responsible for creating partnerships with community-based organizations. He will continue his work as the lead staff person on the Openhouse/On Lok partnership, a first of its kind in the nation. Next time you see Ephraim please congratulate him on his new position as a member of the senior leadership team.



J Jha (all pronouns) has been promoted to the position of Manager of Intergenerational Programs and

Services for Transgender and Gender Nonconforming Older Adults and Adults with Disabilities. J will be working with staff, volunteers and community members on a variety of intergenerational programming and programs that support and celebrate our TGNC community. Please join us in congratulating J!

Resources

Housing and Resources Drop-In Hours

Wednesdays 1-4PM

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.

Tech Support Office Hours

Tuesday, October 5 and 19

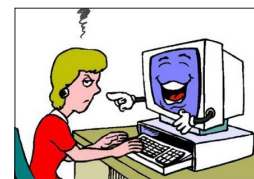
2:30-5PM

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 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 community and are able to navigate the tricky waters of the tech world.

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



Want a Hand with Groceries or 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



Tour Our New Community Center

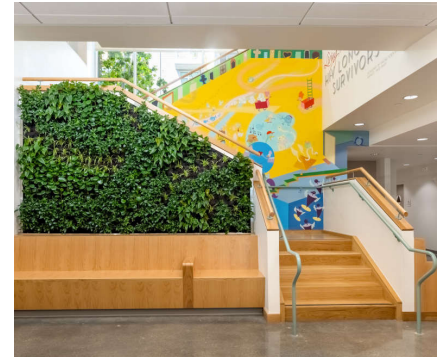
Monday, October 18 and 25
See below for tour times.

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



Openhouse Welcomes Joshua Cohen!

Joshua (he/him) is thrilled to be the New Resident Case Manager for residents of 55 & 95 Laguna. He is a social worker by training and has worked in restorative justice, LGBTQ+ community support, and home-based hospice care. He's played drums for most of his life and is almost definitely playing music and/or at the ocean when he's not at Openhouse. Joshua is endlessly inspired by Audre Lorde, Sylvia Rivera, Félix González-Torres, and a million other LGBTQ+ heroes.



What's your two cents?

Submit a response and we may print it in a future newsletter!

Tell us...

What has been an unexpected and pleasant experience you've had in the last year?

Submit your 2-4 sentence response to:

ray@openhouse-sf.org OR
Openhouse Newsletter
Bob Ross LGBT Center
65 Laguna Street
San Francisco, CA 94102

Submit your response by
November 10.



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

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Volunteer Spotlight: Richard Goldman

Richard Goldman is known as a warm and patient Tech Volunteer who has supported Openhouse virtual groups over the last 20 months. His support has been crucial in allowing our community to interface with the tech world.



Richard first got involved with Openhouse as part of the steering committee for the Openhouse Living Tribute to HIV Long-Term Survivors. At the start of the pandemic Richard attended a virtual town hall with leaders of many SF non-profits who discussed the transition to digital programming. After noticing a deep need, Richard stepped up to offer his technical expertise to our Openhouse community stuck at home and wanting to log on to virtual events.

“I am particularly proud of explaining to a community member that muting yourself does not mean stuffing a ball of socks in your mouth, as one person thought it was,” said Richard. “But in all seriousness, I’m proud of helping show some community members how to actually log onto Zoom, and also what it means to mute and unmute yourself.”

Thank you Richard, we would not be where we are without you! Interested in volunteering with Openhouse? Contact Dottie at (415) 231-5888.