

2022 - A Year of Possibilities

A note from Openhouse Executive Director,
Kathleen Sullivan

I love the start of a new year. For me, the new year represents an awakening and a feeling of expansiveness. There is a certain mystery to what the new year will bring to us and an opportunity



Kathleen supporting the Home Delivered Groceries Program.
Photo Credit: Kevin O'Neal.

to set personal goals or make decisions about how we want to show up in the world. As I write that, however, I feel the need to share that I have a great disdain for 'new year's resolutions.' For most, making a resolution to exercise six days a week, read 30 books in the year, or eat more veggies—while all good goals—becomes an unhealthy zero-sum game. If the person misses one workout or indulges by eating ravioli not salad one night they can spiral into negativity and feelings of defeat.

This morning a friend of mine, 'J', sent a message of thanks with a short TED talk about gratitude. 'J' is in his 70s and recently had his second heart bypass surgery. He is a dear friend and mentor. The TED talk was by Christina Costa, a student of neurology and positive psychology who, after a debilitating migraine, discovered she had a large cancerous brain tumor. She shared the story of a friend who teaches kindergarten. This friend taught her little five- and six-year-old students to "kiss" their brain, and thank it for all they had learned that day. I can just imagine those little ones kissing two fingers then tapping their head to "kiss" their brains.

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housing, services, and community for LGBT seniors

openhouse

JANUARY 2022

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Want to talk more with Kathleen?

Join us for the final session of
Conversations with Kathleen!

Monday, January 24
4 - 5PM, on Zoom and in-person

We encourage you to let us know when you RSVP if there are topics of discussion that you would like us to include in this session.

To RSVP: rsvp@openhousesf.org
or (415) 231-5871

This program will be a hybrid event. There is a limited number of spaces available to join in person. Let us know when you RSVP how you'd like to join this event.

Program Highlights

Walk Muttville Dogs at Openhouse

Friday, January 14, 11AM - 12PM

RSVP for location details



Last month, we had our first Muttville + Openhouse Walking Group and it was a hugely joyous success. We invite you to join us every 2nd Friday of the month to walk Muttville senior dogs with the Openhouse Walking Group. Muttville will bring some of their dogs to join us as we walk the neighborhood around Openhouse. You'll be able to walk the dogs if you'd like -- or just get in some good pets!



RSVP: koneal@openhousesf.org
or (628) 263-3262

*Above: Openhouse community members, volunteers and staff with Muttville volunteers and pups during the December walk.
Photo credit: Kevin O'Neal*

Continued from front page...

Christina has decided to remain positive and to practice gratitude as part of her healing—and yes she does kiss her brain. She shared that the practice of gratitude has a measurable positive impact on our mental and physical health—and that age doesn't matter, you can benefit from an attitude of gratitude whether you're 8 or 80. This year I want to focus on all I am grateful for and to see the positive in every situation, no matter how small.

This past year has had highs, lows, and many transitions — Openhouse had its share for sure! As we enter 2022, a new year with new possibilities I am filled with gratitude for our community, for those who came before me and those who continue to work for racial justice, peace, and equity, and for those who create beauty in our world. We have seen throughout the history of the LGBTQ movement and the civil rights movement that we are greater and stronger together. I look forward to the day when we can gather and break bread together, until then I will see you in the virtual world.

Peace to you all,

Kathleen

Resources and Information

NEW Expanded Times: Housing and ADRC Drop-In Hours!

Tuesdays and Wednesdays 1-4PM, Thursdays 9AM-12PM, 75 Laguna

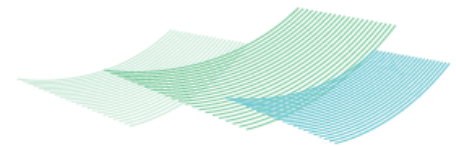
Openhouse's Housing and ADRC Drop-Ins are growing! You don't have to do it alone—get help with accessing info, looking for housing, filling out forms, Smart Money Coaching, and more. **No appointments needed, just drop by.**

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.



SAN FRANCISCO
**SMART MONEY
COACHING**

**S F L G B T
C E N T E R**

Affordable Housing Workshop

Come demystify the rental housing process!

Interested in affordable housing in the San Francisco Bay Area? Wanting to learn more about the public housing lottery system? Openhouse offers online affordable housing workshops every second Thursday and fourth Tuesday of the month. During each one-hour workshop, we will go over the initial steps to getting started on any affordable housing rental search here in the city.

Workshops take place via Zoom. This month's workshops will be on January 13 and January 25.

To RSVP: (415) 296-8995 ext. 319

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

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

Get Connected

Sister Circle: a social discussion group

Tuesday, January 25, 12 - 1:30PM, via Zoom

Many of us are still living in isolation or in a distanced way. Let's get together to grow friendships and make new connections. We warmly open our digital doors for women of all expressions. If you would like to be sent a snack to enjoy, please make sure to RSVP.

RSVP to rsvp@openhousesf.org or (415) 231-5871

For more info, contact Dottie at dluxenburg@gmail.com or (415) 231-5888



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

Self-Compassion and Belonging Drop-In Group

Tuesdays, 1PM - 2:30PM via Zoom

How do we create a sense of belonging and community when gathering in person still seems too risky? How do we offer ourselves compassion as we experience challenging feelings such as anger, anxiety, vulnerability, and difficulty forgiving?

Join a supportive space where 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.

Group meets weekly except on the third Tuesday of the month.

Register at rsvp@openhousesf.org or (415) 231-5871



In the Life: Supporting LGBTQ POC

Wednesdays, 11AM-12:30PM via Zoom

Join us for a support group for LGBTQ

Elders 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.

Facilitator Myles Dixon is gay-identified and African American. He has a Master's in Health Service, Administration, and Community Health Planning and has both personal and professional experience working with elders and LGBTQ folks.

Register at rsvp@openhousesf.org or (415) 231-5871



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.

Coming up in February!

Dr. Aronson Talks: Making Your Home a Partner in Aging Well

Wednesday, February 9, 2 - 3:30PM, via Zoom



This session will focus on ways (from inexpensive to more costly) that you can make your home your ally for well-being in aging. When your home is your partner, it is a place that helps you function at your best, keeps you safe, gives you daily joy, and offers you opportunities for social engagement (if that's what you want!). We will cover some of the basic principles of age-friendly homes and provide opportunities for you to consider what is and is not working for you in your home.

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) 231-5871.

Join us for a new session of Reach Out, Come Out, Plug Back In

Thursdays, starting February 17, 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 have reignited 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. Space is limited and a conversation with the facilitator is required before joining.

Register to rsvp@openhousesf.org or (415) 231 - 5871

Volunteer Appreciation Corner: Ziva Armstrong

Ziva Armstrong is a joyful, driven, and compassionate volunteer who has been with us since August 2020. She came to Openhouse looking for a way to be helpful and connect with people during the heart of the pandemic when so many were feeling isolated. She remains an important part of our community through the ongoing long-term connections she's made. In her words, "I really feel I've gotten more than I've given volunteering! With everything going on in the world, I build compassionate and authentic connections with people around me. You never know what battle someone is fighting." It's that type of attitude that makes her so valued around here; some call it an appreciation feedback loop! Thank you, Ziva, for all you do!



Interested in volunteering? Contact Dottie at dluxenburg@gmail.com or (415) 231-5888

Have Fun and Get Creative!

Sharpen your knives, prep your taste buds, and get cooking!

Cooking Matters

Thursdays, starting February 10
11AM-12:30PM, via Zoom

In partnership with 18 Reasons, a non-profit community cooking school, Openhouse welcomes you to learn or sharpen your cooking skills and enjoy a shared meal from the comfort of your home. In each class you'll learn a new recipe that centers simple, flavorful, budget-friendly food for the holiday season! Two days before each class you will receive a recipe along with the necessary ingredients delivered to your home.



Interested? Contact Kevin at koneal@openhousesf.org or (628) 263-3262

Join the Openhouse Walking Group

2nd and 4th Fridays, 11AM - 12PM
Join the Muttville collaborative walk on January 14!

Join us as we move together, talk, and explore the neighborhoods around Openhouse. Everyone is welcome.

Leading us is Freddie Kendrick. Freddie has been a certified nursing assistant for 30 years and is a volunteer Chaplain at Davies Medical Center.

RSVP with Kevin: koneal@openhousesf.org or (628) 263-3262

Art at Openhouse

In partnership with Art With Elders
Saturdays, 2:30PM - 4:30PM

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. 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, January 19
2:30-3:30PM, via Zoom

Join us for a monthly virtual visit to Muttville where we meet some senior dogs and spend time relishing in each other's company and some pure doggie love!



RSVP: amellinger@openhousesf.org or (415) 503-4180

Most 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.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Housing & ADRC Drop-In Hours Every Tuesday 1 – 4PM, 75 Laguna	Housing & ADRC Drop-In Hours Every Wednesday 1 – 4PM, 75 Laguna	Housing & ADRC Drop-In Hours Every Thursday 9AM – 12PM, 75		1 Happy New Year!
2	3 Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378 for info	4 Self Compassion & Belonging, 1 – 2:30PM Reg req'd: X311 Gay Gray Writers, 4 – 6PM, Closed Group	5 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X311 Clearing House: Cluttering Support 12:30 – 2PM, RSVP req'd: X311 Intermediate Spanish, 3 – 4:30PM Reg req'd: X305	6 Drop-In Meditation, 11 – 11:45AM Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Closed Group	7 Yiddish, 3 – 4:30PM Reg req'd: X305	8 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
9	10 Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378 for info	11 Self Compassion & Belonging, 1 – 2:30PM Reg req'd: X311 Tech Help Office Hours, 2:30PM – 5PM By appointment only: X322 Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 8604460227 (415) 292-3420 for more info	12 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X311 Intermediate Spanish, 3 – 4:30PM Reg req'd: X305	13 Drop-In Meditation, 11 – 11:45AM Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Closed Group Housing Workshop, 2 – 3:30PM	14 Walking Group with Muttville, 11AM – 12PM Reg req'd: (628) 263-3262 Living with Loss: Drop-in Grief Support, 1 – 2:30PM Reg: X311 Yiddish, 3 – 4:30PM Reg req'd: X305	15 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
16	17 Martin Luther King Jr Day Openhouse Offices Closed	18 LGBTQ Seniors with Chronic Physical Disabilities Support Group 1 – 2:30PM, Reg req'd: X311 Gay Gray Writers, 4 – 6PM, Closed Group Tech Help Office Hours, 2:30PM – 5PM By appointment only: X322	19 "In the Life": Supporting LGBTQ POC, 11AM – 12:30PM, RSVP req'd: X311 Clearing House: Cluttering Support 12:30 – 2PM, RSVP req'd: X311 Virtual Visit to Muttville, 2:30 – 3:30PM RSVP req'd: X315 Intermediate Spanish, 3 – 4:30PM Reg req'd: X305	20 Drop-In Meditation, 11 – 11:45AM Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Closed Group	21 Yiddish, 3 – 4:30PM Reg req'd: X305	22 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
23	24 Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 Conversations with Kathleen 4 – 5PM, RSVP: X311 "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378 for info	25 Sister Circle, 12 – 1:30PM RSVP for reminder: X311 Self Compassion & Belonging, 1 – 2:30PM Reg req'd: X311 Housing Workshop, 2 – 3:30PM RSVP req'd: X310 Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 8604460227 (415) 292-3420 for more info	26 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP 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	27 Holocaust Remembrance Day Drop-In Meditation, 11 – 11:45AM Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Closed Group	28 Walking Group 11AM – 12PM Reg req'd: (628) 263-3262 Living with Loss: Drop-in Grief Support 1 – 2:30PM, Reg: X311 Yiddish, 3 – 4:30PM Reg req'd: X305	29 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316
30	31 Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378 for info	Feb 1 Lunar New Year Self Compassion & Belonging, 1 – 2:30PM Reg req'd: X311 Gay Gray Writers, 4 – 6PM, Closed Group Tech Help Office Hours, 2:30PM – 5PM By appointment only: X322	2 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X311 Clearing House: Cluttering Support, 12:30 – 2PM, RSVP req'd: X311 Intermediate Spanish, 3 – 4:30PM Reg req'd: X305	3 Drop-In Meditation, 11 – 11:45AM Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM Closed Group	4 Yiddish, 3 – 4:30PM Reg req'd: X305	5 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316

Get Some Support

Living with Loss: Drop-In Grief Support Group

Friday, Jan 14 and Jan 28
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. Join Openhouse and VITAS Healthcare for a space 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) 231-5871



LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, January 18, 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 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 rsvp@openhousesf.org or (415) 231-5871

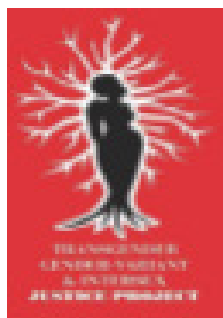
Trans Resilience Support Group

Mondays, 5:30-7PM, via Zoom

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

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

To register, contact J at jjha@openhousesf.org or (415) 961-8378



LGBTQ Caregivers of Those with Dementia Support Group

Wednesday, January 26
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 amellinger@openhousesf.org or (415) 503-4180

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.

Let us (re) Introduce Ourselves...

Openhouse has gone through some staffing transitions! From a new Executive Director to now staffing the front desk at both 65 Laguna and 75 Laguna, there are some new faces and some changes in who is doing what. Over the next few months, we will be using this space to (re) introduce you to the different teams at Openhouse.

This month, let us (re) introduce you to the **Community Engagement Program (CEP)**! The CEP is the driving force behind most of the activities at Openhouse, TGNC programming, Intergenerational programming, holiday gift bags, Home Delivered Grocery Program, Friendly Visitor Program, the coordination of our volunteers and volunteer services, and many of our check-in calls. Read on to learn about the CEP staff!

Sylvia Vargas (she/her), Director of Community Engagement Programs

My role at Openhouse is to oversee all current Community Engagement, TGNC, and Intergenerational Programs and support the organization in creating, funding, and implementing new programs that aim to build strong diverse intergenerational LGBTQ+ communities. Community members should contact me if they have questions or comments related to Community Engagement programming, Transgender and Gender Nonconforming (TGNC) programming, and/or Intergenerational programming.
Contact: (415) 659-8123 or svargas@openhousesf.org

J Jha (all pronouns), Manager of TGNC and Intergenerational Programs

My role at Openhouse is to engage and serve our community of TGNC seniors and Intergenerational LGBTQIA2S++ members with resources, support and agency. Community members should contact me if they are or know someone who is TGNC and is in need of support, or have questions about the Friendly Visitor Program or Intergenerational Programming.
Contact: (415) 961-8378 or jjha@openhousesf.org

Ariel Mellinger (she/her), Manager of Community Engagement

My role at Openhouse is to support the staff who put on and coordinate our activities, support our support group facilitators and program, help create and maintain our wellness activities, and work collaboratively to put on other programming. Community members should contact me if they have questions related to any of our activities.
Contact: (415) 503-4180 or amellinger@openhousesf.org

Alejandro Martinez (he/him), Lead Men's Group Facilitator

My role at Openhouse is to train and lead the facilitation team for the Men's Drop-In Support Group and to co-facilitate the HIV Long Term Survivors Group. Community Members should contact me if they would like to know more about these groups.
Contact: amartinez@openhousesf.org

Armando Paone (he/him), Education Coordinator

My role at Openhouse is to maintain an ongoing stream of educational programs: recruiting instructors, registering participants, and teaching language classes. Community members should contact me if they wish to register in a particular class or have any questions regarding educational programs. Contact: (415) 728 - 0194 or armando@openhouse-sf.org

Colette Bryan (she/her), Programs Assistant

My role at Openhouse has been to call community members during the pandemic to help with emotional support during these hard times. I connect community members with resources when needed and make sure community members know that Openhouse is still here for you.

Dottie Luxenburg (she/her), Volunteer Engagement Coordinator

My role at Openhouse is to identify the needs of our community members, interview and place volunteers to meet these various needs. I work to cultivate intergenerational and peer volunteer opportunities that range from helping to set up a printer, to making sure community members get groceries. Community members should contact me if they would like to volunteer!

Contact: (415) 231-5888 or dluxenburg@gmail.com

Faire Faircloth (he/him), Activities Coordinator

My role at Openhouse is to coordinate our programs, to make sure our programs have technical support and to offer tech support to our community members. I also help put together the newsletter. Community members should contact me if they have questions about programs, need tech support, or if they want to sign up for our hard copy newsletter.

Contact: (415) 231-5883 or faire@openhousesf.org

Kevin O'Neal (he/him), Food Support Coordinator

My role at Openhouse is to manage food-related programs such as our weekly home-delivered groceries and virtual cooking class, along with setting up errand runs for our community members and supporting community engagement activities. Community members should contact me if they are in need of any type of food support or need help with errands and other tasks.

Contact: (628) 263-3262 or koneal@openhousesf.org,

Liz Copp (she/her), Programs Assistant

My role at Openhouse is to support our programs through calls to community members. If you come to programs, you'll probably be hearing from me.

Contact: ecopp@openhousesf.org

Penn Weldon (she/her, all pronouns), Community Engagement Coordinator

My role at Openhouse is to coordinate the Friendly Visitor Program, which connects community members to a Friendly Visitor/caller volunteer for social connection and conversation. I also support the growing Art Program, which helps keep folks creatively connected. Community members should contact me if you are interested in being connected with a Friendly Visitor/caller or if you are interested in our Art with Elders Program.

Contact: (415) 535-2769 or pweldon@openhousesf.org

Zeph Fishlyn (they/them), Special Projects Coordinator

My role: I've been working with Openhouse's fabulous Community Engagement Team to coordinate special outreach projects during our busy Pride and holiday seasons.

Contact: zfishlyn@openhousesf.org

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

JANUARY 2022

Remembering Red (1943 - 2021)



Openhouse mourns the passing of community member Red Jordan Arobateau, who passed away in November. Red was a painter and revolutionary author who chronicled gay, lesbian, and transgender street life through an enormous body of fiction, poetry, and erotica. In the words of friend and former Openhouse staff member Kelly Harris, "Red had an amazing authentic and adoring spirit. I believe we shared a similar tenacity for art and literature understood to be outside the mainstream, and that is how we first connected. His work as an artist and author was inspiring and impressive! He viewed people for who they are, not what they do or how much they are worth. He would walk up to anyone with the same confidence regardless of how society ranked them. He saw the beauty in life's ups and downs and valued experience over fear. Red cared deeply for the well-being of his community and I feel very lucky that I had time to learn from his fierce resilience." There will be memorial services taking place at Grace Cathedral in February. Red's incredible body of work will be archived at the University of Victoria Transgender Archives. We miss you, Red!