

A Message from Kathleen, Openhouse's Executive Director



I am grateful and happy for my one-year anniversary at Openhouse. It was a year of learning, listening and co-creating new programming with staff and the community, including our new mental health support programming. Shout out to Supervisors Mandelman (our hero), Ronan and Dorsey for their support.

Last year, the 3rd Circuit Court announced a decision that allows dead naming and misgendering transgender seniors in nursing homes and long-term care. The dismantling of protections for vulnerable transgender older adults is abhorrent, and the regular disregard for basic civil rights is an assault on common decency. We will update the community when the court renders its decision.

On a positive note, Openhouse applauds Sen. Weiner for authoring SB 357, the repeal of the crime of loitering--also known as the 'walking while trans' law--and Gov. Newsom for signing it. Transgender women of color are disproportionately impacted by this law--many transgender women have been arrested using this law based on a subjective perception. It was clearly discriminatory, unfair and targeted those Californians who are most marginalized.

We continue to remain vigilant in the ongoing work for equity, justice, diversity and inclusion including, but not limited to, our new JEDI (Justice, Equity, Diversity, and Inclusion) committee made up of staff and board members. The JEDI committee continues our work towards creating a more inclusive, diverse and equitable organization that prizes justice.

I look forward to seeing you in August.

Kathleen

AUGUST 2022

In this month's issue...	
2	Special Events this Month
3	Queer and Trans People in the AAPI Movement Event
9	Openhouse Walking Group
10	Club 75 Welcomes You to Fab Fridays!

Monkeypox Info

Amongst so many other issues, our community is currently navigating the circulation of Monkeypox. We want to make sure you have all of the information you need to feel as safe as possible in the face of this. We encourage you to check out the websites below for information on diagnosis and treatment, testing, and vaccinations.

SF Aids Foundation:
<https://www.sfaf.org/monkeypox/>

SF Dept of Public Health:
<https://www.sfcddcp.org/>

Special Events this Month

Summer in the City Community Get-Together: Art Walk and Workshop

Thursday, August 18, 1PM - 4PM, 447 Minna St

Must RSVP to participate in workshop



The afternoon will start with an Art Workshop hosted by the Community Arts Stabilization Trust outdoors in the park at 447 Minna St. Following the workshop, join us for an Art Walk featuring artists from the Openhouse Art With Elders class.



Art With Elders (AWE) - AWE uses the power of art, creativity, and community to enrich the journey of aging. AWE has been providing SF Bay Area seniors with art classes and exhibits for over 30 years. www.artwithelders.org

Community Arts Stabilization Trust (CAST) - Established in 2013, CAST is a nonprofit that creates permanent, affordable space for artists, creative entrepreneurs, and arts and culture organizations in the Bay Area.

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

Caregiver Conversations:

A Day of Learning, Support, and Information Exchange

Thursday, August 18, 9AM - 2:30PM, St. Mary's Cathedral: 1111 Gough St.



This convening is a FREE in-person event for family and friends caring for an adult living with complex illness (e.g. Alzheimer's and other dementias, general frailty, Parkinson's, stroke, Lou Gehrig's disease (ALS), Multiple Sclerosis, and like conditions), professionals serving caregivers, and San Francisco residents who wish to learn more about family caregiving. Former caregivers are welcome to attend too!

Continental breakfast and lunch included. There is free parking on site and the location is accessible by public transportation

To register: <https://www.caregiver.org/caregiverconversations2022>

(Includes information on available respite for the event)

For more info, contact: edprograms@caregiver.org or leskenazi@caregiver.org

Queer and Trans People in the AAPI Movement

Thursday, September 8, 12:30PM - 1:30PM

In-Person at 110 Embarcadero and Online via Livestream



When people talk about the many attacks on Asian and Pacific Islander (API) people, they usually don't talk about gay or queer people. These attacks have been going on for a long time and seemingly nobody pays attention to it.

This special panel will highlight how these attacks are affecting the queer Asian community and how this silent violence is impacting their lives and the lives of their loved ones. It will also remove the veil of shame and secrecy around queerness that is experienced by many in the Asian diaspora.

Speakers include:

Cecilia Chung • Anjali Rimi • Mornigstar Vancil • Michelle Meow • John Zipperer

This program is free, thanks to generous supporters of The Michelle Meow Show at The Commonwealth Club.

To register: <https://www.commonwealthclub.org/events/2022-09-08/queer-and-trans-people-aapi-movement>

Questions? Contact J at (415) 961-8378

Resources and Advocacy for LGBTQ Veterans

Legal Aid At Work and Impact Fund, two legal nonprofit organizations in the Bay Area, have been working with veterans discharged under Don't Ask, Don't Tell and predecessor policies for their actual or perceived sexual orientation. In particular, the organizations have helped veterans seek discharge upgrades for "less than honorable" discharges and remove indicators of sexual orientation on their discharge paperwork. We are now exploring advocacy with the Departments of Defense and Homeland Security to find a more systemic solution that is less burdensome on individual veterans.

**LEGAL
AID AT
WORK**

If you are interested in possibly joining this effort and would like to learn more, contact: Lynnette Miner at lminer@legalaidatwork.org or (415) 593-0122 (leave a voicemail if unanswered).

IMPACT FUND

Prepare your taste buds... Cooking Matters is back!

Thursdays in September, 11AM - 12:30PM, via Zoom

Calling all home chefs! Openhouse partners with 18 Reasons, a non-profit community cooking school, to offer online cooking classes! All skill levels are welcome as we learn or sharpen cooking skills, and enjoy a shared meal from the comfort of your home. Each of the four classes features a new recipe, centering on easy-to-prepare, flavorful, budget-friendly meals. All necessary ingredients will be delivered to your home two-days before each class.

Interested? Contact Kevin at koneal@openhousesf.org or (628) 263-3282

Trans 50+ and Fabulous

Every 2nd and 4th Tuesday
5PM - 6PM, via Zoom

If you are trans or gender non conforming, are 50 and over and most importantly FABULOUS, then this is your group! Let's talk about everything that we didn't dare 'coz they thought we couldn't handle it. Facilitated by Erica from Trans Thrive.

For info and to RSVP:

Erica@sfcommunityhealth.org



SAN FRANCISCO
COMMUNITY
HEALTH CENTER

Join Openhouse at Muttville!

Friday, August 19, 1PM - 2PM
255 Alabama St.

Join us for a monthly in-person visit to Muttville where we hang out in the cozy Muttville headquarters. We'll enjoy each others' company and spend time with some delightful doggies!



Space is very limited and an RSVP is required.

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

Join the Gay Gray Writers!

Every other Tuesday, August 2, 16, and 30, 4PM - 6PM, via Zoom

The Gay Gray Writers (GGW), an Openhouse male-identified writing group, is currently open. As a self-directed group, GGW has adopted a non-academic format resembling a writing workshop, where written pieces are gently critiqued. Memoir has been the main type of writing generated by participants however fiction, and other writing genres, are presented in our bi-weekly sessions. All levels of writing are welcome.



If interested, contact Luis de la Garza at noslotaxi@hotmail.com to submit a sample of your writing and to get more information about the group.

Let's Hang Out!

Join us for Rainbow Lunch!

Aug 8 and Aug 22, 12 -1:30PM

In-Person at 75 Laguna

Space is limited. RSVP required

Join us as we connect, hang out, and share a meal. In order to ensure everyone is able to have a COVID-safe Rainbow Lunch experience, we are requiring an RSVP in order to attend.



RSVP:

rsvp@openhousesf.org

or (415) 231-5871

Please RSVP by the Friday before each Rainbow Lunch.

Sister Circle:

A Women's Social Group

Tuesday, August 23, 12 - 1PM

Hybrid at 75 Laguna and on Zoom

We invite women of all expressions to join us either on Zoom or in person at 75 Laguna for some connection and good conversation. For those joining in person, we will be providing a small meal to go. For those joining via Zoom, we invite you to grab a cup of coffee and pull up a chair.

To join in person, an RSVP is required as space is limited.

RSVP to rsvp@openhousesf.org

or (415) 231-5871

Drop-In Social Hours are Coming Back!

Check back in the September newsletter for time and location details.

Join us for a cup of coffee or tea, some treats, and some in-person socializing!



Women's Drop-In Social Hour:

Starting September 15, we welcome women of all experiences for a social hour happening twice a month.

Men's Drop-In Social Hour

Starting September 22, we welcome men of all experiences for a social hour happening twice a month.

We can't wait to chat!

Check listing for location of each program. Programs will be listed as Virtual, Hybrid, or In-person. For more info call (415) 296-8995.

Get Connected

Men's Drop-In Support Group

Mondays, 2 - 3:30PM,

Hybrid: at 75 Laguna and via Zoom

Join us in a friendly and supportive group where we discuss our shared experiences of aging and life. This is a non-judgmental space where we build community and combat isolation.

As we navigate this changing pandemic, there is a greater need for connection through emotional authenticity and bearing witness to each others' stories.

We look forward to meeting you!

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

Living with Loss:

Drop-In Grief Support Group

Friday, August 12 and 26

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 Rabbi Jane Litman and Chaplain Martin Allen.

Register:

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

VITAS
Healthcare

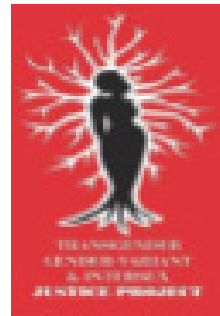
LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, August 16, 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.

This group is co-facilitated by Max Lane and Sumi Colligan.

Contact rsvp@openhousesf.org or
(415) 231-5871 for info and to join.



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:

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

Check listing for location of each program. Programs will be listed as Virtual, Hybrid, or In-person. For more info call (415) 296-8995.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Housing and ADRC Drop-In Hours: Wednesdays (1 - 4PM) and Thursdays (9AM - 12PM), 75 Laguna

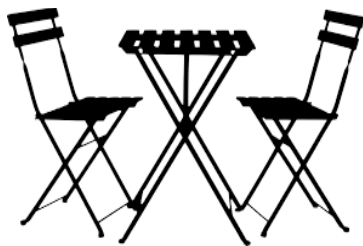
	<p>1 Places Please Act 4, 11AM – 12:30PM Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 Beginning Japanese, 3 – 4:30PM "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378 for info</p>	<p>2 Self Compassion & Belonging 11AM – 12:30PM, RSVP req'd: X311 Basic French, 3 – 4:30PM Reg req'd: X305 Gay Gray Writers, 4 – 6PM (510) 333-4464 for info</p>	<p>3 "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</p>	<p>4 Drop-In Meditation 11 – 11:45AM, Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group 12 – 1:30PM, Closed Group Reach Out, Come Out, Plug Back In 4 – 5:30PM, Closed Group</p>	<p>5</p>	<p>6 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316</p>
7	<p>8 Places Please Act 4, 11AM – 12:30PM Rainbow Lunch, 12 – 1:30PM, 75 Laguna Must register to attend: X311 Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 Beginning Japanese, 3 – 4:30PM "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378 for info</p>	<p>9 Self Compassion & Belonging 11AM – 12:30PM, RSVP req'd: X311 Basic French, 3 – 4:30PM Reg req'd: X305 Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 9669562941 or attend in person (415) 292-3420 for more</p>	<p>10 Tech Help Drop-In/Call-In Hours By appointment only: X322 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM RSVP req'd: X311 Intermediate Spanish, 3 – 4:30PM Reg req'd: X305</p>	<p>11 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, RSVP req'd: X310 Reach Out, Come Out, 4 – 5:30PM</p>	<p>12 Walking Group with Muttville 11AM – 12PM Reg req'd: (628) 263-3262 Living with Loss: Drop-in Grief Support, 1 – 2:30PM</p>	<p>13 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316</p>
14	<p>15 Places Please Act 4 11AM – 12:30PM, Closed Group Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 Beginning Japanese 3 – 4:30PM, Reg req'd: X305 "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378 for info</p>	<p>16 LGBTQ Seniors with Chronic Physical Disabilities Support Group 1 – 2:30PM, Reg req'd: X311 Basic French, 3 – 4:30PM Reg req'd: X305 Gay Gray Writers, 4 – 6PM (510) 333-4464 for info</p>	<p>17 "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</p>	<p>18 Caregiver Conversations 9AM – 2:30PM, 1111 Gough St, See ad for registration info Drop-In Meditation, 11 – 11:45AM Long Term Survivors HIV/AIDS Support Group 12 – 1:30PM, Closed Group Summer in the City Community Get-Together: Art Walk and Workshop, 1 – 4PM, 447 Minna Reach Out, Come Out..., 4 – 5:30PM</p>	<p>19 Fab Fridays at Club 75, 12 – 3PM 75 Laguna Muttville visit 1 – 2PM 255 Alabama St Reg req'd: a(628) 263-3262</p>	<p>20 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316</p>
21 Senior Citizen's Day	<p>22 Places Please Act 4, 11AM – 12:30PM Rainbow Lunch, 12 – 1:30PM, 75 Laguna Must register to attend: X311 Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 Beginning Japanese 3 – 4:30PM, Reg req'd: X305 "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378 for info</p>	<p>23 Sister Circle, 12 – 1:30PM 75 Laguna & online, RSVP: X311 Housing Workshop 2 – 3:30PM, RSVP req'd: X310 Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 9669562941 or attend in person (415) 292-3420 for more info</p>	<p>24 Tech Help Drop-In/Call-In Hours By appointment only: X322 "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</p>	<p>25 Drop-In Meditation, 11 – 11:45AM, Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group 12 – 1:30PM, Closed Group Reach Out, Come Out, Plug Back In 4 – 5:30PM, Closed Group</p>	<p>26 Women's Equality Day Walking Group 11AM – 12PM Reg req'd: (628) 263-3262 Living with Loss: Drop-in Grief Support 1 – 2:30PM Reg req'd: X311</p>	<p>27 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316</p>
28	<p>29 Places Please Act 4, 11AM – 12:30PM Closed Group Men's Drop-In Support Group 2 – 3:30PM, Reg req'd: X311 Beginning Japanese 3 – 4:30PM, Reg req'd: X305 "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378 for info</p>	<p>30 Gay Gray Writers, 4 – 6PM (510) 333-4464 for info</p>	<p>31 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X311 Intermediate Spanish, 3 – 4:30PM Reg req'd: X305</p>	<p>September 1 Drop-In Meditation 11 – 11:45AM, Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group</p>	<p>2 Yiddish, 3 – 4:30PM Closed Group</p>	<p>3 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Reg req'd: X316</p>

Have Fun and Get Engaged!

Join our Friendly Visitor Program!

Opportunities to connect in person are constantly changing, but 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.

Interested in learning more about the program or getting matched up with a Friendly Visitor?



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

Self-Compassion and Belonging

Tuesdays, 11AM - 12:30PM
via Zoom

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 facilitator who has been leading Self Care and Self Compassion support groups at Openhouse since 2012.

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

Join the Openhouse Walking Group

Friday, August 12 and August 26, 11AM - 12PM, 65 Laguna St

We invite you to join us every 2nd and 4th Friday of the month as we move together, talk, and explore the neighborhoods around Openhouse. Everyone is welcome.

On the 2nd Friday of the month (August 12), **Muttville** will bring their senior dogs to walk with the Openhouse Walking Group. You'll be able to walk the dogs if you'd like -- or just get in some good pets!

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

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

Check listing for location of each program. Programs will be listed as Virtual, Hybrid, or In-person. For more info call (415) 296-8995.

Club 75 Welcomes You To Fab Fridays!

August 19, 12PM - 3PM

In-Person at 75 Laguna

Come meet our staff, tour the facilities, and learn more about the Openhouse and On Lok partnership and relevant programs!

At Fab Fridays, you will learn about:

- How Club 75 is transforming the existing infrastructure as the first LGBTQ Adult Day Program of its kind in the country
- PACE (Programs for All-Inclusive Care for the Elderly), and how this unique clinical program can support older adults in maintaining their independence and aging in place
- Speak directly with enrollment specialists for both Club 75 and Pace

We can't wait to meet you!

Food and refreshments will be available.

To RSVP:

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

To learn more about Club 75, visit:

<https://onlok.org/lgbtq-senior-care/>

openhouse +  **on LOK**

Community Day Services

LGBTQ Caregivers of Those with Dementia Support Group

Wednesday, August 24, 6 - 7:30PM
via Zoom

alzheimer's 
association

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:

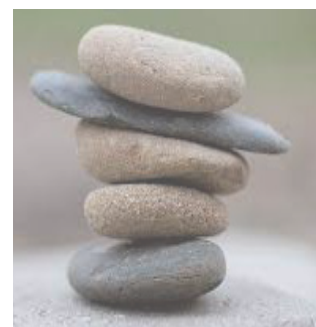
amellinger@openhousesf.org

or (415) 503-4180

Virtual Drop-In Meditation

Thursdays, 11 - 11:45AM
Via Zoom

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.

RSVP: rsvp@openhousesf.org

Check listing for location of each program. Programs will be listed as Virtual, Hybrid, or In-person. For more info call (415) 296-8995.

Have you heard of the Home Delivered Groceries (HDG) Program?

If eligible, Openhouse's caring, committed volunteers can deliver a bag of fresh food to you each week that includes:

- Protein, such as chicken or eggs
- Grains, including rice, pasta, and cereal
- Seasonal fruits and vegetables

Please note: most of the groceries that are delivered require some cooking. If you are unable to cook, we can provide guidance to other food assistance programs available in San Francisco.

For more info, contact Kevin:
koneal@openhousesf.org
or (628) 263-3262



howard grayson
LBGT ELDER LIFE
CONFERENCE

Save the Date:

Annual Howard Grayson Elder Life Conference
Saturday, September 17
In-Person at 75 Laguna and streaming online

This year's conference theme is: "To Your Queer Health". Join us for an afternoon of information and community!

Check out the September Newsletter for more information.

Master the Art of Aging Well

Your life is both a masterpiece and a work in progress. Learn real skills that will help you live it to its fullest with the Aging Mastery Program.

Learn from aging experts about these topics:

- Navigating Longer Lives
- Financial Fitness
- Healthy Eating and Hydrating
- Relationships
- Exercise and You
- Medication Management
- Advance Planning
- Fall Prevention
- Sleep
- Community Engagement



August 9 - October 11
2:30PM - 4:30PM
Virtual by Zoom

For more information, contact Valorie Villela at (415) 439-9364 or valorie@onlok.org



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

AUGUST 2022

Affordable Housing Workshop

August 11 and August 23, 2PM, via Zoom

Come demystify the housing search process!

Interested in affordable rental housing in the SF Bay Area? Want to learn more about the lottery system? Openhouse offers online affordable housing workshops every 2nd Thursday and 4th Tuesday of the month, where we go over the steps to start your affordable rental search.

Register online at: <https://www.openhousesf.org/housing>

Questions? Contact Aisling: apeterson@openhousesf.org



SAN FRANCISCO HUMAN SERVICES AGENCY
**Department of Disability
and Aging Services**

These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services.