

A Message from Kathleen, Openhouse's Executive Director



Welcome to October! Last month, we had a lovely Grand Opening of the 75 Laguna Community Center. Thank you to all who came to the celebration! It was wonderful to finally be able to celebrate and share our beautiful new space.

There are several celebrations this month including Indigenous People's Day on October 10. Openhouse honors our Native American community, and acknowledges that we are located on the unceded ancestral homeland of the Ramaytush Ohlone peoples. Our offices will be closed on that day to honor the holiday.

October is also LGBTQ History Month! Founded in 1994 by Rodney Wilson, the first openly gay public high-school teacher in Missouri, this month honors and uplifts LGBTQ+ role models and activists who laid the groundwork in our ongoing fight for equal rights and representation. Included in this celebration is National Coming Out Day on October 11, which acknowledges the political power of our community members simply living as their true, authentic selves.

Intersex Awareness Day takes place on October 26. Approximately 1.7% of the Earth's population is born intersex and yet intersex people continue to face shame, discrimination, and nonconsensual medical procedures as a result of their identity, not to mention isolation and feeling disconnected from community.

Finally, we are continuing to do outreach for our new project at 1939 Market St. We will likely be holding a community-wide meeting sometime in October or November. For updates and details, please visit the project website: 1939market.org

Kathleen

housing, services, and community for LGBT seniors



OCTOBER 2022

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Fall Feast Returns! Thursday, November 17 In-Person at 75 Laguna

After a 3-year hiatus, Fall Feast is back! Join us for an abundant, autumnal meal shared with community.

An RSVP is required to attend.

When you RSVP, please let us know which seating you prefer.

Seating 1: 11:30AM - 1PM

Seating 2: 2PM - 3:30PM

Seating 3: 4:30 - 6PM

To RSVP:

fallfeast@openhousesf.org

or (628) 209-8090

Special Events

Openhouse LGBTQ+ Elder Housing Services Symposium October 18 and October 19, 11AM - 2PM, Online

The symposium works to educate aging services organizations, housing developers, social workers, and researchers in understanding the specific needs of our communities and how to apply holistic approaches to housing. This year's symposium is expanding beyond the walls of our coastal cities and turning to our rural and Native neighbors. Join us as we engage with the rural LGBTQ+ elder community to better understand their needs in housing development.



For more info and to register: <http://openhousesymposium.org/>

Unidos/United!

Monday, Oct 17, 11:30AM - 1PM
In-Person at 75 Laguna

Calling all Latinos to unite, talk about our cultural histories, and share our coming out stories.

Our many different histories and lived experiences impact our community identities. Join us for an afternoon of conversation, connection, and lunch as we celebrate our community!

This event will be lifting and centering our Latino community members.

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

End of Life Planning Workshop

Friday, October 21, 10AM - 12PM
In-Person at 75 Laguna

Join Brian Elliott-Pekrul from the AIDS Legal Referral Panel (ALRP)



for a presentation on the basics of end of life planning documents. In this presentation, we'll discuss simple wills, Advanced Health Care Directives, and Powers of Attorney and how to go about getting these important documents completed during this challenging time.

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

Coming up this Month

Mariachi Concert in the Courtyard

Wednesday, Oct 12, 2PM
In-Person at 75 Laguna

Club 75 presents a live performance by Mariachi Nueva Generación! Mariachi Nueva Generación consists of studied, professional musicians combining over 35 years of history and music experience to bring the essence of traditional mariachi direct to your heart.

Join us in the 75 Laguna courtyard for refreshments, music, and community.

RSVP Required.

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

Outing to the SFMOMA: Diego Rivera Exhibit

Thursday, October 13, 2PM



In celebration of Latinx Heritage Month, join us for an art-filled outing to SFMOMA. We'll tour the museum together as a group and view the Diego

Rivera special exhibition!

Space is limited and we will be centering our Latino/a/x community members. When you register, please let us know if you'll need assistance with transportation getting to the museum.

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

Join us for Drag Bingo!

Tuesday, October 25, 1:30PM, In-Person at 75 Laguna

Club 75 invites all community members to a Drag Bingo Extravaganza! Our featured performers and hosts are the incredible Pollo del Mar and Ms. Ladybug. All bingo supplies will be provided and we will have a wonderful selection of prizes for our winners. Come be in community and enjoy an amazing show.

RSVP Required.

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



Heart of the Matter: A new support group Thursdays, beginning Oct 27 4 - 5:30PM, via Zoom

Join us for a group centered on building friendship through rich and meaningful conversation on Zoom. The group will cover issues of mortality, regret, faith and hope, and defining the appeal that life still holds. Believing, at its foundation, that life is about relationships.

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



Health Talks with Dr. Aronson Return!

Wednesday, November 9
1PM - 2:30PM, via Zoom

Dr. Louise Aronson, leading geriatrician, professor of medicine at UCSF, and author of the Pulitzer Prize Finalist *Elderhood*, will be bringing her knowledge and expertise to the Openhouse community in a series of talks beginning in November! More details on this first presentation to come in the November newsletter.



We'd love to hear from you! What are some health-related topics you'd be interested in learning about?

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

Openhouse Celebrates Penn's Next Adventure!



In my nearly 3 years at Openhouse, I have met challenges and dreams that will continue to inform my life as I move on to the next adventure. It is my hope that as Openhouse grows, we continue to celebrate the beautiful diversity, talent and aspirations of our community. Through my work here I have seen that, by lifting creativity and respect, our community is able to participate in their own stories. Beautiful chances for growth happen when we are able to listen to each other. Each day I've been moved to tears in

many ways. I have gotten to know some amazing colleagues and been honored to meet so many fascinating community members. I am deeply grateful for the experience of seeing people in their wholeness, healing, and laughter.

Love, light and gratitude,
Penn Weldon

Let's Hang Out!

Join us for Rainbow Lunch!

Monday, Oct 24, 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, Oct 25, 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

Join the Drop-In Social Hours!

2PM - 3:30PM, In-Person at 55 Laguna, RSVP encouraged

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



Women's Drop-In Social Hour:

Oct 6 and Oct 20, we welcome women of all experiences for a social hour happening twice a month.

Men's Drop-In Social Hour:

Oct 13 and Oct 27, we welcome men of all experiences for a social hour happening twice a month.

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

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 Support

Living with Loss: Drop-In Grief Support Group Friday, Oct 14 and Oct 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 Rabbi Jane Litman and Chaplain Martin Allen.

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



LGBTQ Seniors with Chronic Physical Disabilities Support Group Tuesday, October 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.

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

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

LGBTQ Caregivers of Those with Dementia Support Group Wednesday, Oct 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: amellinger@openhousesf.org
or (415) 503-4180



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
2 Castro Street Fair	3 Mental Illness Awareness Week 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	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 Cooking Matters, 11AM – 12:30PM Closed Group Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group Women's Social, 2 – 3:30PM, 55 Laguna, RSVP encouraged: X311	7 Yiddish, 3 – 4:30PM Closed Group	1 8 QEWW 12:30 – 2:30PM Art with Elders 2:30 – 4:30PM See pg 12 for Oct 8 Conference info
9	10 Openhouse closed Indigenous People's Day World Mental Health Day	11 National Coming Out Day Gay Gray Writers, 4 – 6PM (510) 333-4464 for info Trans, 50+ & Fabulous, 5 – 6:30PM Zoom ID: 9669562941 or attend in person (415) 292-3420 for more info	12 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X311 Mariachi Performance, 2PM 75 Laguna, RSVP req'd: (415)231-5872 Intermediate Spanish, 3 – 4:30PM Reg req'd: X305	13 Drop-In Meditation, 11 – 11:45AM Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group SFMOMA Outting @ 1PM Contact (628) 263-3262 Housing Workshop 2 – 3:30PM, RSVP req'd: X310 Men's Social, 2 – 3:30PM, 55 Laguna RSVP encouraged: X311	14 Walking Group with Muttville, 11AM – 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 Closed Group	15 Lantine Heritage Month Ends Queer Elder Writing Workshop (QEWW) 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Closed Group
16	17 Unidos/United! Lunch, 11:30AM – 1PM, 75 Laguna, RSVP req'd: X311 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	Openhouse LGBTQ+ Elder Housing Services Symposium: see page 2		20 Drop-In Meditation, 11 – 11:45AM Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group 12 – 1:30PM, Closed Group Women's Social, 2 – 3:30PM, 55 Laguna, RSVP encouraged: X311	21 End of Life Workshop 10AM – 12PM, 75 Laguna Reg req'd: X311 Muttville visit, 2 - 3PM 255 Alabama St Reg req'd: X311 Yiddish, 3 – 4:30PM Closed Group	22 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Closed Group
23	24 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 "Trans Resilience" TGNC Support Group 5:30 – 7PM, (415) 961-8378 for info	25 Sister Circle, 12 – 1:30PM 75 Laguna & online, RSVP: X311 Housing Workshop 2 – 3:30PM, RSVP req'd: X310 Drag Bingo, 1:30PM, 75 Laguna RSVP req'd: (415)231-5872 Trans, 50+ & Fabulous, 5 – 6:30PM Gay Gray Writers, 4 – 6PM	26 Intersex Awareness Day "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X311 LGBTQ Caregivers of those w/ Dementia Support Group 6 – 7:30PM, Reg req'd: X315	27 Drop-In Meditation 11 – 11:45AM, Reg req'd: X311 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group Men's Social, 2 – 3:30PM, 55 Laguna, RSVP encouraged: X311 Heart of the Matter, 4 - 5:30PM Contact X311 to schedule interview with facilitator	28 Walking Group 11AM – 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 Closed Group	29 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Closed Group
30	31 Happy Halloween! 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	November 1 Dia de los Muertos In November, we recognize Transgender Awareness Month & Native American Heritage Month	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	3 Drop-In Meditation, 11 – 11:45am Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group Women's Social, 2 – 3:30PM, 55 Laguna, RSVP encouraged: X311 Heart of the Matter, 4 – 5:30PM	4 Yiddish, 3 – 4:30PM Closed Group	5 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Closed Group

Feed Your Soul

Gay Gray Writers

Oct 11 and Oct 25
4PM - 6PM, via Zoom

The Gay Gray Writers (GGW), a male-identified writing group, is open. As a self-directed group, we have adopted a non-academic format resembling a writing workshop, where written pieces are gently critiqued. All levels of writing are welcome!

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



**New session beginning:
Self-Compassion & Belonging**
Tuesdays, starting November 15
11AM -12:30PM, via Zoom

Come learn tools of self-acceptance to build inner strength and resiliency. We will practice responding to life's disappointments (including that of our aging bodies) by offering ourselves self-compassion rather than the well practiced critical inner voice many of us learned as children. We will support each other as we begin to face into the mystery of mortality--our own and that of dear friends and family.

This 8 week drop-in group is facilitated by Molly Reno who has been facilitating Self-Care and Self-Compassion groups at Openhouse since 2012.

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

Join Openhouse at Muttville
Friday, Oct 21, 2PM - New time!
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 limited and RSVP required.

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

**Join the Openhouse
Walking Group**
Friday, Oct 14 and Oct 28
11AM - 12PM, 65 Laguna St

We invite you to join us as we move together, talk, and explore the neighborhoods around Openhouse. Everyone is welcome.

Dogs! On October 14, **Muttville** will bring their senior dogs to walk with the us. 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.

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.

Get Connected

Men's Drop-In Support Group

Mondays, 2 - 3:30PM,
Hybrid: 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

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

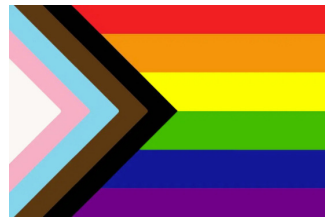


SAN FRANCISCO
COMMUNITY
HEALTH CENTER

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.

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

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

Join Club 75!

Club 75 brings together elders who are 55+ and could benefit from assistance with daily activities in a supportive environment to enjoy LGBTQ-specific programming like cooking classes, creative writing groups, gardening, and daily movement. The group also plans one outing a month to explore anything and everything the bay has to offer!

We provide free transportation to and from our program, a hot meal, and snacks.

Interested in joining us?

Contact Lunae:

lchrysanta@openhousesf.org

or (415) 231-5872 to learn more.



Community Day Services

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.

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).

**LEGAL
AID AT
WORK**

IMPACT FUND

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

OCTOBER 2022

Annual Howard Grayson LGBTQ+ Elder Life Conference

Saturday, Oct 8, 11AM - 4PM, In-Person at 75 Laguna

“To Your Queer Health: Public Health Organizing for the LGBTQ+ Community”

The last year has been a rough ride for San Francisco’s LGBTQ+ Community and its health. The COVID pandemic was especially hard on those already infected with HIV/AIDS; Monkeypox’s presence has now impacted this already vulnerable population; and the Laguna Honda Hospital for long-term care is now threatened with closure. Join us to discuss and confront these and other vital concerns. We also will honor those who have passed on in the last three years and those caregivers among us.

Free of charge, Wheelchair Accessible, Lunch Served, All Welcome!
Masks are required when in the building at Openhouse.

For information contact: graysonconference@gmail.com

Co-sponsored by the Howard Grayson LGBTQ+ Elder Life Conference and the San Francisco AIDS Foundation



**howard
grayson**
LGBT ELDER LIFE
CONFERENCE



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.