

A Message from Kathleen, Openhouse's Executive Director



November is a time of reflection; I reflect on the sanitized and anglicized version of 'thanksgiving' I was taught as a kid and how easy it is for white America to make a cartoon out of the suffering of others. Native Knowledge

360 provides a more accurate picture, "The Wampanoag Peoples had a long political history dealing with other Native Nations before the English arrived. The Wampanoag shared their land, food, and knowledge of the environment with the English. Without help from the Wampanoag, the English would not have had the successful harvest that led to the First Thanksgiving. However, cooperation was short lived, as the English continued to attack and encroach upon Wampanoag lands in spite of their agreements." Fall Feast is on this year. I look forward to seeing you, and fully acknowledging the Ramaytush Ohlone people upon whose land Openhouse stands.

November is also the time to remember transgender community members lost due to violence and hatred. November 20th Openhouse will join other organizations to pause and remember those who have lost their lives and work to create safe space for our transgender family members.

I also give thanks to Openhouse staff. The staff has lived through these past two and a half years experiencing the pandemic on a personal level and they have also been relentlessly serving our beloved community throughout. Please, if you have a moment, thank a staff member. Your gratitude is greatly appreciated.

Cheers,
Kathleen

NOVEMBER 2022

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Coming Up this Month!

Join us for Fall Feast 2022!

Thursday, November 17, In-Person at 75 Laguna

After a 3-year hiatus, Fall Feast is back and we are so excited to celebrate with you! This year, for this first time ever, we'll be hosting the Feast at our 75 Laguna location. Join us for an abundant, autumnal feast from Mollie Stones and some good company.

An RSVP by November 11 is required to attend.

When you RSVP, please let us know which seating you prefer and we will try our best to accommodate your preference. Please provide the full names of any guests you are RSVPing for. We cannot reserve space for unnamed guests.

Seating 1: 11:30AM - 1PM

Seating 2: 2PM - 3:30PM

Seating 3: 4:30 - 6PM

To RSVP: fallfeast@openhousesf.org or (628) 209-8090

The dinner is free but donations are welcome

Dr. Aronson Talks: Resilience

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



Resilience. It's a word thrown around a lot these days. To many, it means the ability to withstand or recover well from difficulties and challenges. For others, it's about survival. There are now annual conferences on resilience, but pontificating experts and cutting-edge research aside, what does – can, should – resilience mean in our lives as we age? Can you increase it and if so how? If you know you are resilient (likely if you have lived into old age), how do you tap into that when you need it? If you're not sure you're resilient, how can you cultivate it? Come learn how to increase this essential skill in

your life in ways that are meaningful to you!

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

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

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

Choir Concert in the Courtyard

Thursday, Nov 10, 1 - 2PM, In-Person at 75 Laguna

Join us in the 75 Laguna courtyard for refreshments, music, and community. We'll be enjoying songs sung in Spanish from Mexico and Latin America by Coro CMC del Centro Latino de San Francisco. This choir is for older adults and adults with disabilities, and is a collaboration between Community Music Center and Centro Latino de San Francisco Community Center.

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



**CENTRO LATINO
de SAN FRANCISCO**

Unidos/United!

Monday, Nov 21, 11:30AM - 1PM, In-Person at 75 Laguna

Llamando a todos los latinos a unirse, hablar sobre nuestras historias culturales, y compartir nuestras historias de salida del armario.

Nuestras historias diferentes y experiencias de vida afectan nuestras identidades comunitarias! Únete a nosotros para un día de conversación, conexión, y almuerzo mientras celebramos a nuestra comunidad! Este evento levantará y centrará a los miembros de nuestra comunidad latina.

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

Let's Hang Out!

Join us for Rainbow Lunch!

Monday, November 14
(NO LUNCH on November 28)
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, Nov 22, 12 -1PM
Hybrid: In-Person 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 at Openhouse - let's hang out!

2 - 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:

Nov 3 : we welcome women of all experiences for a social hour happening twice a month.

Men's Drop-In Social Hour:

Nov 10: we welcome men of all experiences for a social hour. The Nov 24 social hour is canceled due to Openhouse being closed for the holiday.

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.

Join Openhouse at Muttville

Friday, Nov 18, 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 limited and an RSVP is required.

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

Places Please

Explores the 2000s!

Mondays, beginning Dec 5

11AM - 12:30PM, via Zoom

This workshop explores LGBTQ+ plays and playwrights and their enormous LGBTQ+ contributions to U.S. theatre. In our last series we explored the Gay 90's. Now, the Millenium approaches with new plays to explore! Join us we as read and discuss each play. No experience is necessary, just an interest in LGBTQ+ theatre.

Our facilitator, Jess Miller, RDT EdD, an Openhouse staff alumna, is a Registered Drama Therapist and a proud theatre person / activist who looks forward to raising the curtain on LGBTQ+ theatre with the Openhouse community.

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

Observing the Day of the Dead

by Luis de la Garza

As I age, I've settled into the idea that it is difficult to make new 'old friends' in the face of so many who have died. For my past loyal friends, I reserve November 2 as their day to be remembered. It is on this, the Day of the Dead, that the daily routine around my house is paused. I install a small altar of assembled photos and objects belonging to friends (and family) for the particular purpose of honoring them.

This custom is a result of my Mexican upbringing and is



derived from the fusion of Mexico's history, culture, and expression stemming from ancient Aztec and Catholic beliefs and rituals.

My reliance on this special time somewhat helps me accept death as a reality. It also helps to ease the pain of the passing of those who have died before me. Sometimes I write poetry as part of my observance. I dedicate the following poem segment titled Emboscada to Juan Pablo Gutiérrez (1953-2021) and to all Openhouse community members that have passed this year.

*cold, known, yet unexpected
you leave your tracks throughout vital paths
Great Mystery, you are not novelty
each time you get closer and closer to me*

*cold, you situate yourself and dissolve
throughout an uneasy humanity
yet*

*it is our inner humanity that kneels before you
reminding me that
whence we came from is where we shall return*

Get Support

Curry LGBTQ+ Tech Support

Mondays and Wednesdays

9:30AM-12PM, 75 Laguna

In partnership with Openhouse, Curry Senior Center is now offering tech support for LGBTQ+ Seniors & folks with disabilities.

Special services available include:

Tablet Training Program

Home wi-fi set-up

Assistance provided for:

Mobile Phones Personal Computers

Tablets Wifi

Laptops Printers

Drop-in & appointments are available, as well as home visits (if reserved in advance).

Make an appointment or learn more, contact Soroush: (415) 818-4722 or sfadaeinejad@curryseniorcenter.org

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 au-

thentic self as we explore our experiences, share stories, and connect with each other.

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

LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, Nov 15, 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.

TRANSGENDER AWARENESS MONTH
NATIVE AMERICAN HERITAGE MONTH

NOVEMBER 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Dia de los Muertos Asexual Awareness Week	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 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 Matter, 4 - 5:30PM, Closed Group	4 Openhouse closed	5 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Closed Group
6	7 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 Continuing Japanese, 3 – 4:30PM Closed Group	8 Intersex Day of Remembrance 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	9 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X311 Health Talk with Dr Aronson, 1 – 2:30PM, RSVP req'd: X311 Intermediate Spanish, 3 – 4:30PM LGBTQ Caregivers of those w/ Dementia Support Group 6 – 7:30PM, Reg req'd: X315	10 Drop-In Meditation, 11 – 11:45AM Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group Choir Concert in the Courtyard, 1PM, info pg 3 Housing Workshop 2 – 3:30PM, RSVP req'd: X310 Men's Social, 2 – 3:30PM, 55 Laguna RSVP encouraged: X311 Heart of Matter, 4 - 5:30PM, Closed Group	11 Veteran's Day Openhouse closed	12 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Closed Group
13	14 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 Continuing Japanese, 3 – 4:30PM Closed Group	15 LGBTQ Seniors with Chronic Physical Disabilities Support Group 1 – 2:30PM, Reg req'd: X311	16 "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 LGBTQ Caregivers of those w/ Dementia Support Group 6 – 7:30PM, Reg req'd: X315	17 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 Heart of Matter, 4 - 5:30PM, Closed Group	18 Muttville visit, 1 – 2PM 255 Alabama St Reg req'd: X311 Yiddish, 3 – 4:30PM Closed Group	19 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Closed Group
20 Transgender Day of Remembrance	21 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	22 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	23 "In the Life": Supporting LGBTQ POC 11AM – 12:30PM, RSVP req'd: X311 Intermediate Spanish, 3 – 4:30PM Reg req'd: X305	24 Openhouse closed	25 Openhouse closed	26 Queer Elder Writing Workshop 12:30 – 2:30PM Reg req'd: X311 Art with Elders 2:30 – 4:30PM Closed Group
27 Remembrance of Harvey Milk Assassination	28 No Rainbow Lunch today 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	29	30 "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	December 1 World AIDS Day 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 Heart of the Matter, 4 – 5:30PM	2 Yiddish, 3 – 4:30PM Closed Group	3 Queer Elder Writing Workshop 12:30 – 2:30PM Art with Elders 2:30 – 4:30PM

Check listing for location of program. Programs will be listed at virtual, hybrid, or in-person.

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. We invite you to give your mind a break and create more space.

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

Presented in
partnership
with Shanti
Project.



Gay Gray Writers

Nov 8 and Nov 22
4 - 6PM via Zoom



The Gay Gray Writers (GGW), a male-identified writing group, is 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 other writing genres are welcome!

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.

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: We are unable to customize bags for specific diets. 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

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

LGBTQ Caregivers of Those with Dementia Support Group

In Partnership with the Alzheimer's Association

Wednesday, Nov 9 and Nov 16, 6 - 7:30PM, via Zoom

This group now meets two times a month!

We welcome diverse LGBTQ caregivers to this twice 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 50+ and Fabulous

Every 2nd and 4th Tuesday
5 - 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

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

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

Drag Bingo!

Tuesday, Nov 22, 1:30PM

In-Person at 75 Laguna

Club 75 invites all community members to a Drag Bingo Extravaganza! 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

Openhouse's Holiday Party!

Monday, December 19

Time TBD, In-Person at 75 Laguna

Here at Openhouse, we understand that during the winter, when the light's at its lowest and the holidays come around, our community wants to be together.

This year, we welcome you to join us for a festive Holiday Party! More details to come in the December newsletter!

November 20th is Transgender Day of Remembrance

Description and photo from GLAAD

Website (<https://www.glaad.org/tdor>)

Transgender Day of Remembrance (TDOR) is an annual ob-

servance that honors the memory of the transgender people whose lives were lost in acts of anti-transgender violence.

"Transgender Day of Remembrance seeks to highlight the losses we face due to anti-transgender bigotry and violence. I am no stranger to the need to fight for our rights, and the right to simply exist is first and foremost. With so many seeking to erase transgender people -- sometimes in the most brutal ways possible -- it is vitally important that those we lose are remembered, and that we continue to fight for justice."

- Transgender Day of Remembrance founder Gwendolyn Ann Smith



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

NOVEMBER 2022

Let's keep our community safe!

Those who feel sadness, loneliness, or isolation may experience it more acutely during this time. You are not alone. We are here with you to build a community that looks out for each other. We care about you and want to keep our community safe.



Here are some resources that can help:

SAGE LGBT Elder Hotline: (877) 360-5428 - Available 24 hrs everyday

SF Suicide Crisis and Emotional Support Line (415) 781-0500 or (800) 273-8255
Available 24 hrs everyday

Institute on Aging Friendship Line (800) 971-0016 - Available 24 hrs everyday

Trans Lifeline (877) 565-8860 - Available 7AM – 1AM everyday

HIV Nightline (415) 434-2437 or (800) 273-2437 - Available 24 hrs everyday

Mobile Crisis (415) 970-4000: Mon – Fri, 8:30AM – 11PM, Sat and holidays: 12 – 8PM
Please note: When responding in-person to crisis calls, police may accompany mobile crisis workers.

