

Fall Feast is Here!

Thursday, November 16, In-Person at 75 Laguna

We are so excited to celebrate this annual event with you! Join us for an abundant, autumnal feast and some good company.

An RSVP by November 10 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: 2 - 3:30PM**
- **Seating 3: 4:30 - 6PM**

RSVP at specialevents@openhousesf.org
or (628) 209-8090

Lesbian, Bisexual, Queer Women's Lunch and Gratitude Circle

Saturday, November 11, 12 - 1:30PM

In-Person at 75 Laguna

Expressing gratitude is associated with a host of mental and physical benefits. Studies have shown that feeling thankful can improve sleep, mood, and immunity. Gratitude can decrease depression, anxiety, difficulties with chronic pain, and risk of disease. Join us as we gather to reflect and learn more about the various healing properties of gratitude.

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

New! Women's Resource Corner and Coffee Hour

Thursday, November 2, 1:30 - 2:30PM, In-Person at 75 Laguna

We're changing up the Women's Social Hour and, instead, offering this new program. Each month, we'll learn about a different resource from around the city, all while in community with each other. In November, Aiden Goodwin (they/them) will discuss Openhouse's Mental Health Program, a no-cost, short-term program provided to low-income clients by Licensed Clinical Social Workers or pre-licensed providers.

Interested in learning about a particular resource? Let us know!

Contact Annie Gwynne-Vaughan at agywynne-vaughan@openhousesf.org

NOVEMBER 2023

2	Upcoming Events
4	Native American Indian/Alaska Native Heritage Month: Reclaiming Queer Indiginity
5	Arts and Culture/ Health & Wellness
6	Calendar
8	Support Groups
10	Social
11	Lifelong Learning

Happy November, Community!

Fall is upon us with some delightful and hot summer weather. This month is going to be full of activities, like the famous Openhouse Fall Feast! **Please make sure to sign-up for your seating as soon as you can.** And this month, our wonderful Impact Report will be coming out with a fresh new look. This report shows a snapshot of the amazing work that happens at Openhouse!

We are so pleased to announce that the State of California's first study of the LGBTQ+ aging experience for residents of our state will go live this month. As you may know, Openhouse requested that the state fund a statewide study to better understand the needs, barriers to care, and resiliency of LGBTQ+ mid-life and older adults in California. It is a great opportunity for the California Department of Aging, policy makers, and local communities to use the data to create and advocate for policy and program interventions that serve LGBTQ+ mid-life and older Californians.

Finally, this month is a transition month for Openhouse staff. We are moving our Administrative, Coalition-Building, Human Resources, and Development Departments to Page Street so our Community Support Services staff has room to grow and our Community Engagement staff will have access to all of the ground floor of 75 Laguna. Openhouse continues to grow to better meet your needs and fulfill as many wants as we can.

Have a wonderful November, and I will see you at Fall Feast!

Kathleen M. Sullivan, Openhouse Executive Director

Let's Keep our Community Safe during the Holidays

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 LGBTQ+ Elder Hotline: (877) 360-5428 - Available 24 hrs everyday
 - SF Suicide Prevention's Crisis 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's Hotline: (877) 565-8860 - Available 24 hrs everyday
 - HIV Nightline Crisis Line: (415) 434-2437 or (800) 628-9240 - Available 24 hrs everyday
 - Mobile Crisis (415) 970-4000: Mon - Fri, 8:30AM - 11PM, Sat: 12 - 8PM
- Please note: When responding to crisis calls, police may accompany mobile crisis workers.*

Openhouse Health Talks: Medical/Legal Planning

Wednesday, November 8, 1 - 2:30PM, via Zoom

Join Sarah Hooper, JD, as she discusses how and why to name medical and financial surrogates in case of incapacity or serious illness; where to get help with this legal planning (for people at a range of incomes); the role of Medi-Cal in paying for long term care supports and services (e.g. in home care); and more! Come with your questions!

Sarah is Professor of Practice at UC Law SF and the Executive Director of the UCSF/UC Law Consortium on Law, Science & Health Policy. She is also Policy Director of the Medical-Legal Partnership for Seniors and a Senior Atlantic Fellow for Health Equity in the Fitz Mullan Health Workforce Institute at George Washington University.

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

Transgender Immigrant Day Gathering

Saturday, November 18, 5:30 - 6:30PM, via Zoom

As part of the week long memorializing, Parivar Bay Area and Openhouse invite you to join us for a powerful one-hour gathering to celebrate the first anniversary of Trans Immigrant Day! This event will be a vibrant expression of transgender unity, diversity, and resilience. Our featured speakers will share their inspiring stories, shedding light on the unique challenges, triumphs, and needs of transgender immigrants. Don't miss this opportunity to stand in solidarity and show your support.

Transgender Day of Remembrance, Monday, November 20

Transgender Day of Remembrance (TDOR) is an annual observance on November 20 that honors the memory of the transgender people whose lives were lost in acts of anti-transgender violence. Events will be happening around the city.

To register for the Trans Immigrant Day Gathering and get more info on TDOR happenings, contact J: jjha@openhousesf.org or (415) 961-8378

Save the Date! Openhouse Holiday Party

Sunday, December 17, In-Person at 75 Laguna

Join us for a festive event with treats, warm beverages, and an opportunity to spend time together during this season! More details to come in the December Newsletter!

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



Native American Indian/Alaska Native Heritage Month: Reclaiming Queer Indigeneity

The term "Two-Spirit" originated in 1990 at the Third Annual Inter-Tribal Native American/First Nations Gay and Lesbian American Conference in Winnipeg, Canada.

Traditionally, Two-Spirit people in Native American cultures encompassed male, female, and sometimes intersex individuals who combined traits and activities of both genders. They held a distinct and valued gender status within their tribes, often considered as a third or even a fourth gender.

Two-Spirit people may also use terms from their Indigenous language to describe themselves, such as wíŋkt (Lakota) or nádleehé (Diné). Two-Spirit identity was sacred. In many tribes, Two-Spirit people filled special religious roles as healers, shamans, and ceremonial leaders.

However, the disruption caused by colonization, missionaries, and government interference led to the loss of many of these traditions, including Two-Spirit roles.

"We were looked upon as being spiritual beings, because of the roles that we played in community. Because of the homophobia and transphobia pervading Western culture from the "discovery" of America up to today, we're looked at as sexual beings - everything about us is identified by sex."

- Lenny Hayes, a member of the Sisseton Wahpeton-Oyate.

Today, there's a revival of the Two-Spirit role and its traditions among LGBTQ+ Native Americans, with national and regional gatherings being held since the early 1990s to celebrate and reconnect with this cultural heritage.

Native Organizations to Follow

- BAAITS - www.baaits.org
- Sogorea Te' Land Trust - <https://sogoreate-landtrust.org>



An image from the BAAITS 2020 Two-Spirit Powwow. Avery White.



Photo from BAAITS 2022 Powwow at Fort Mason Center. Sean Snyder.

Arts & Culture

Concert in the Courtyard

Tuesday, November 28, 1 - 2PM, In-Person at 75 Laguna

Possessing an expansive knowledge of American popular music circa 1890 - 1940, Meredith Axelrod is a superb guitarist and a singer with an instantly recognizable, delightful sound. Craig Ventresco is a near legendary guitarist with a nonpareil command of ragtime and early jazz and blues idioms.

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



Drag Bingo with Club 75

Wednesday, November 29, 1:30 - 3PM, In-Person at 75 Laguna

Club 75 invites you to a Drag Bingo Extravaganza! All Bingo supplies will be provided and we'll have a wonderful selection of prizes for our winners. Come be in community and enjoy the show.

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

Health & Wellness

Virtual Drop-In Meditation

In Partnership with Shanti Project

Thursdays, *No Class on November 16 and 23*

11AM - 12PM, via Zoom



Did you know that Openhouse has new Meditation teachers? Let us introduce you to Kiva and Jack! We welcome you to join us as we meditate together.

Kiva Siani's work was built in helping people reclaim their bodies after traumas through somatic healing, movement, and meditation. Her meditation is blended and intuitive and does not come from a particular school, rather practices handed to and gathered in her journey of deep self-awareness, healing, and presence and the way these things show up in the body. She is pleased to share her practice with the Openhouse community.

Jack Bors has had a meditation practice for 47 years. He became interested in Transcendental Meditation (TM), after witnessing the incredible impact it had on the blood pressure of patients in the medical setting where he was working. I am practitioner of mantra-based meditation, Zen Buddhism, and more traditional meditation. I've led and taught meditation groups, classes, and the use of guided imagery.

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

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p>All programs are via Zoom unless marked as Hybrid or with a location. All programs without a phone number listed, RSVP to rsvp@openhousesf.org or (415) 231-5871</p>						
<p>Housing & ADRC Drop-in Hours, Wednesdays, 1 - 4PM and Thursdays, 10AM - 1PM, 75 Laguna</p>						
<p>Curry LGBTQ+ Tech Support with Roberto, Drop-In Appointments: Mondays and Wednesdays, 9AM - 12PM, 75 Laguna</p>						
	<p>NOTE: No Rainbow Lunch on Nov 13 or 27</p>		<p>1 All Saints' Day, All Souls Day, Día de Los Muertos Clearing House: Cluttering Support, 12:30 - 2PM Intermediate Spanish, 3 - 4:30PM, Closed Group Trans Resilience, 5:30 - 7PM, Hybrid RSVP: (415) 961-8378</p>	<p>2 Meditation, 11AM - 12PM Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group Women's Resource Corner and Coffee Hour, 1:30 - 3PM, 75 Laguna, RSVP encouraged</p>	<p>3 Games Group, 11AM - 1PM, 75 Laguna Queer Elders Writing Workshop 1 - 3PM Living with Loss: Drop-in Grief Support, 1 - 2:30 PM Yiddish, 3 - 4:30PM, Closed Group</p>	<p>4 Art with Elders 2:30 - 4:30PM, Closed Group</p>
<p>5 First two full weeks in November: Transgender Awareness Week</p>	<p>6 Rainbow Lunch, 12 - 1:30PM 75 Laguna, RSVP required by Oct 20 Men's Drop-In Support Group 2 - 3:30PM, Hybrid Continuing Japanese, 3-4:30PM, Closed Group Heart of the Matter, 4 - 5:30PM, Closed Group</p>	<p>7 CMC OH Choir, 11AM - 12:30PM 75 Laguna Gray Gay Writers, 4 - 6PM, RSVP: (510) 333-4464</p>	<p>8 Intersex Day of Remembrance Health Talks, 1 - 2:30PM Intermediate Spanish, 3 - 4:30PM, Closed Group Trans Resilience, 5:30 - 7PM, Hybrid RSVP: (415) 961-8378 LGBTQ Caregivers of those w/ Dementia Support Group, 6 - 7:30PM, RSVP: amellinger@openhousesf.org</p>	<p>9 Meditation, 11AM - 12PM Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group Men's Social, 2 - 3:30PM, 75 Laguna, RSVP encouraged Housing Workshop, 2PM-3:30PM RSVP: (415) 347-8509</p>	<p>10 OPENHOUSE OFFICES CLOSED FOR VETERAN'S DAY</p>	<p>11 Lesbian, Bisexual, Queer Women's Lunch and Gratitude Circle, 12 - 1:30PM Art with Elders 2:30 - 4:30PM, Closed Group</p>
<p>12</p>	<p>13 Men's Drop-In Support Group 2 - 3:30PM, Hybrid Continuing Japanese, 3-4:30PM Closed Group Heart of the Matter, 4 - 5:30PM, Closed Group</p>	<p>14 CMC OH Choir, 11AM - 12:30PM 75 Laguna Trans, 50+ & Fab, 5 - 6PM SVP: (415) 292-3420</p>	<p>15 Clearing House: Cluttering Support, 12:30 - 2PM Intermediate Spanish, 3 - 4:30PM, Closed Group LGBTQ Caregivers Support Group, 4 - 5:30PM, RSVP: asanchez@caregiver.org Trans Resilience, 5:30 - 7PM, Hybrid RSVP: (415) 961-8378 LGBTQ Caregivers of those w/ Dementia Support Group, 6 - 7:30PM, RSVP: amellinger@openhousesf.org</p>	<p>16 Fall Feast, RSVP Required • Seating 1: 11:30AM - 1PM • Seating 2: 2 - 3:30PM • Seating 3: 4:30 - 6PM</p>	<p>17 Games Group, 11AM - 1PM, 75 Laguna Queer Elders Writing Workshop 1 - 3PM Living with Loss: Drop-in Grief Support, 1 - 2:30 PM Yiddish, 3 - 4:30PM, Closed Group</p>	<p>18 Art with Elders 2:30 - 4:30PM, Closed Group Trans Immigrant Day Gathering, 5:30 - 6:30PM</p>
<p>19</p>	<p>20 International Transgender Day of Remembrance Men's Drop-In Support Group 2 - 3:30PM, Hybrid Continuing Japanese, 3-4:30PM, Closed Group Heart of the Matter, 4 - 5:30PM, Closed Group</p>	<p>21 CMC OH Choir, 11AM - 12:30PM 75 Laguna LGBTQ Seniors with Chronic Physical Disabilities Support Group, 1 - 2:30PM Gray Gay Writers, 4 - 6PM RSVP: (510) 333-4464</p>	<p>22 Intermediate Spanish, 3 - 4:30PM, Closed Group Trans Resilience, 5:30 - 7PM, Hybrid, RSVP: (415) 961-8378</p>	<p>23 OPENHOUSE OFFICES CLOSED</p>	<p>24 OPENHOUSE OFFICES CLOSED</p>	<p>25 Art with Elders 2:30 - 4:30PM, Closed Group</p>
<p>26 TGI Monthly Meal 5 - 7PM 75 Laguna</p>	<p>27 Remembrance of Harvey Milk's Assassination Men's Drop-In Support Group 2 - 3:30PM, Hybrid Continuing Japanese, 3-4:30PM Closed Group Heart of the Matter, 4 - 5:30PM, Closed Group</p>	<p>28 CMC OH Choir, 11AM - 12:30PM 75 Laguna Housing Workshop, 2PM-3:30PM RSVP: (415) 347-8509 Concert in the Courtyard, 1 - 2PM 75 Laguna</p>	<p>29 Drag Bingo, 1:30 - 3PM, 75 Laguna Intermediate Spanish, 3 - 4:30PM, Closed Group Trans Resilience, 5:30 - 7PM, Hybrid RSVP: (415) 961-8378</p>	<p>30 Meditation, 11AM - 12PM Unidos/United Meeting, 11:30AM-1PM, 75 Laguna Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group</p>	<p>December 1 World AIDS Day Games Group, 11AM - 1PM 75 Laguna Queer Elders Writing Workshop 1 - 3PM Yiddish, 3 - 4:30PM, Closed Group</p>	<p>2 Art with Elders 2:30 - 4:30PM, Closed Group</p>

Support Groups

Feeling Stuck? Check out our Mental Health Program!

Sessions occur in-office or remotely via Zoom

Openhouse's Mental Health Program is a no-cost, short-term counseling program for LGBTQ+ older adults and adults with disabilities offered by a queer Licensed Clinical Social Worker or pre-licensed provider. Sessions occur at Openhouse or remotely.

To see if the program is the right fit for you, contact Aiden Goodwin, LCSW (they/them) at agoodwin@openhousesf.org or (415) 728-0193

Men's 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 Resilience Support Group

Wednesdays, 5:30 - 7PM, Hybrid: 75 Laguna and via Zoom

Join other transgender and gender non-conforming seniors every Wednesday as we come together to support each other through our individual walks in the trans experience. Come enjoy a lovely meal in-person or join us via Zoom.

Co-presented by St. James Infirmary. Hosted by Ms. Billie Cooper.

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



Clearing House: Drop-In Clutter Support Group

Wednesday, November 1 and 15, 12:30 - 2PM, via Zoom

Openhouse and the Mental Health Association of San Francisco welcome you to a support group for all LGBTQ community members age 55+ who "struggle with stuff."

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

Support Groups

LGBTQ Caregivers of Those with Dementia Support Group

In Partnership with the Alzheimer's Association

Wednesday, November 8 and 15, 6 - 7:30PM, via Zoom

We welcome diverse LGBTQ caregivers of those with Dementia to this twice monthly drop-in support group.

Please Note: We will be meeting on the second and third

Wednesdays in November and December:

Nov 8 and 15, Dec 13 and 20

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



LGBTQ Caregiver Support Group

In Partnership with Family Caregiver Alliance

Wednesday, November 15, 4 - 5:30PM, via Zoom

This group is for LGBTQ caregivers of those with a variety of illnesses, disorders, and challenges. If you are caring for someone with Dementia-specific challenges, check out the LGBTQ Caregivers of those with Dementia Support Group.

For info on how to join this group, contact Adriana Sanchez: asanchez@caregiver.org



Living with Loss: Drop-In Grief Support Group

Date Change this month

Friday, November 3 and 17, 1 - 2:30PM, via Zoom

Join Openhouse and VITAS Healthcare as we discuss the variety of losses that we experience, such as loss that relates to isolation and loneliness or losing those we love. This group is facilitated by Rabbi Jane Litman (she/her) & Chaplain Barb Greve (he/him).

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



LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, November 21, 1 - 2:30PM, via Zoom

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.

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

Social

Rainbow Lunch will be on the First Monday this Month!

NOTE: No Rainbow Lunch on Nov 13 or 27

Monday, November 6, 12 - 1:30PM, In-Person at 75 Laguna

Space is limited. RSVP required by Friday before Rainbow Lunch.

Join us as we connect, hang out, and share a meal. In order to ensure that there is enough space and food for everyone at Rainbow Lunch, **we require an RSVP to attend.**

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

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Men's Drop-In Social Hour

Thursday, November 9 (No Social on November 23), 2 - 3:30PM,

In-Person at 75 Laguna, RSVP encouraged

We welcome men of all experiences for an hour of conversation, coffee, and for some yummy snacks.

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

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TGI Monthly Meetup: Dinner

Last Sunday of the month: November 26, 5 - 7PM, In-Person 75 Laguna

We welcome Transgender, Gender Non-Conforming, and Intersex community of ALL AGES to our monthly TGNCI gatherings. Catering to be provided by local TGNCI/QTBIPOC folks/businesses.

For additional information, questions, or to RSVP, reach out to: J Jha (415) 961-8378

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Unidos/United Meeting - Date Change this Month!

Thursday, November 30, 11:30AM - 1:30PM, 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. 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. 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.

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

Lifelong Learning

Curry LGBTQ+ Tech Support with Roberto

Drop-In appointments at Openhouse:

Mondays and Wednesdays, 9AM - 12PM, In-Person at 75 Laguna

Special services available include:

Tablet Training Program
Home Wi-Fi Set-up
General Technical Support
Troubleshooting Questions

Assistance provided for:

Mobile Phones/Tablets
Laptops/Computers
Wi-Fi
Printers



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

Make an appointment or learn more, contact Roberto: ralvarez@curryseniorcenter.org or (415) 694-2265

The History and Development of the Romance Languages

Starting, Tuesday, December 5, 2 - 3:30PM, In-Person at 75 Laguna

Have you ever wondered why the five Romance languages, French, Italian, Portuguese, Romanian, and Spanish, look and sound the way they do? Did you know that these languages are all children of the same Latin mother?

In this course, Armando Paone, Openhouse's Education Coordinator, will show you exactly how this happened, while at the same time illustrating how languages in general develop and change--and all this without homework or exams! An opportunity to just sit back, listen, learn, and enjoy!

RSVP with Armando at armando@openhousesf.org or (415) 728-0194

Taller de alquilar viviendas con precio asequible

Miércoles 15 de noviembre, 11:00AM-12:30PM por zoom

Acompáñennos el tercer miércoles del mes a las 11am por zoom para aprender más sobre vivienda asequible. Nuestros talleres de vivienda están dirigidos a personas mayores LGBTQ y adultos con discapacidades para cubrir los conceptos básicos de cómo buscar y solicitar vivienda asequible, así como apoyo adicional de alquiler, subsidios y otros recursos locales.

Contacte a Dana Arango para registrarse darango@openhousesf.org o (628) 208-0020



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

NOVEMBER 2023

Games Group is now weekly!

Fridays, 11AM - 1PM
In-Person at 75 Laguna

Join us as we play a variety of games together - from Scrabble to Dominoes. Light snacks and coffee will be provided.

No RSVP required

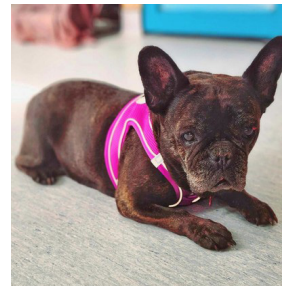
Questions?
Contact rsvp@openhousesf.org
or (415) 231-5871

Join Openhouse at Muttville

Friday, November 17, 2 - 3PM
In-Person at 255 Alabama St

Join us for a monthly in-person visit to Muttville, where we hang out in the cozy Muttville headquarters with fur friends and humans alike! Special Event this month! Ever wondered how the Muttville dogs get their names? This month, all who attend will get to put a name idea in a drawing to be selected for one of the dogs in December!

Space is limited and an RSVP is required.



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



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability and Aging Services

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