COVID Safety at Openhouse

Over the past month, we have seen an increase in COVID cases in our community. We care about you and want to make sure we are all working to keep each other safe. **Please stay home if you are experiencing any symptoms at all.**

Mask wearing is voluntary at Openhouse programs, and we also know that masking is one of the most effective ways to prevent the spread of COVID.

If you are concerned that you've had a COVID exposure, we recommend working with your healthcare provider to schedule an appointment to get tested. Lastly, the booster is available for our community!

If you need assistance in getting the booster, please reach out to José Santamaria at jsantamaria@openhousesf.org or (415) 347-8509.

We encourage you to make decisions that are best for you as we continue to navigate this next phase of the pandemic.

JULY 2023

|	
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4	Social
5	Arts & Culture
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Sister Circle: Lesbian, Bisexual, and Queer Women's Lunch and Erotic Writing Workshop
Saturday, July 22, 11AM - 12:30PM, In-Person at 75 Laguna

We've heard your feedback and we are so excited to offer a new version of this monthly group. Every month, we'll have a different cultural offering to experience while we eat lunch, build community, and deepen our understandings of each other and the world.

In July, join us for an Erotic Fiction Writing Workshop with our longtime community member, Midgett. There will be a reading and some writing exercises. Come with an open mind and a willingness to try writing yourself! Midgett, 86, has authored two books, "Brown on Brown: Black Lesbian Erotica" and "New York Flavor with a San Francisco Beat". She has been a speaker at SF State, presented at many workshops, and teaches in San Francisco.

RSVP at rsvp@openhousesf.org or (415) 231-5871
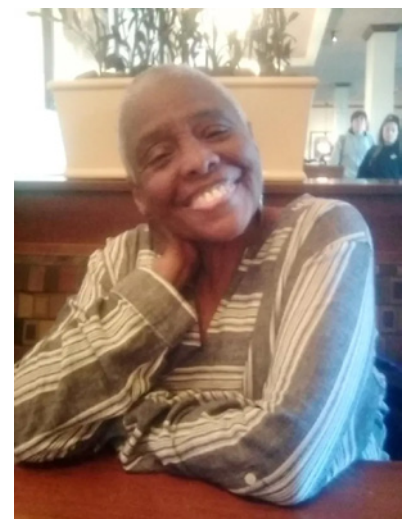
Summer has arrived!

PRIDE was wonderful. Join me in thanking the staff and volunteers for wonderful and memorable events—from the Prom to Juneteenth, Pride Parade to the Felicia Flames Intergenerational Brunch.

In July, for the first time in our state's history, the California Department of Aging will do a study of the aging experience of LGBTQ+ elders. Openhouse is building a statewide coalition of LGBTQ+ organizations, agencies, Black Indigenous People of Color (BIPOC), Asian Pacific Islanders (API), and transgender-led organizations, as well as rural and HIV organizations to give feedback to the study about issues of importance to our community. The survey launch is October. We are excited to have Jupiter Peraza (Manager of Statewide Coalition) lead the coalition effort for Openhouse.
Look for updates in the newsletter.

Be well,
Kathleen M. Sullivan, Openhouse Executive Director

Pride Over the Years

We're still gathering photos from Pride 2023! Have some photos you want to share? Send them to rsvp@openhousesf.org

Health & Wellness

Taller de alquilar viviendas con precio asequible
Miércoles, 19 de julio, 2023, 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

Virtual Drop-In Meditation
In Partnership with Shanti Project
Thursdays, July 20 and 27
11AM - 12PM via Zoom
Please note: No Meditation on July 6 and 13

Mindfulness meditation is an easily learned practice that can help us cope and be more physically and mentally resilient. We invite you to give your mind a break and create more space as we meditate together.

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

Join Openhouse at Muttville
Friday, July 21, 2 - 3:30PM
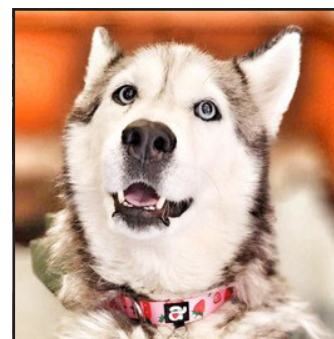In-Person at 255 Alabama St.

Join us for a monthly in-person visit to Muttville, where we hang out in the cozy Muttville headquarters. 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

Health & Wellness

Feeling Stuck? Introducing our new Mental Health Program
Sessions occur in-office, in-home, or remotely via Zoom

Openhouse's new pilot 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, in-home, or remotely.

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

Social

Join us for Rainbow Lunch!
Monday, July 10 and July 24, 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

Drop-In Social Hours at Openhouse
Thursdays, 2 - 3:30PM, 75 Laguna, RSVP encouraged

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

Women's Social Hour:
 July 6 and 20: we welcome women of all experiences for a social hour happening twice a month.

Men's Social Hour:
July 13 and 27: we welcome men of all experiences for a social hour happening twice a month

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

Social

Unidos/United Meeting
Thursday, July 20, 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 dia 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.

For questions, contact Luis de la Garza at nosolotaxi@hotmail.com.
To RSVP, contact rsvp@openhousesf.org or (415) 231-5871

Pride Celebration at June Unidos Meeting

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Housing & ADRC Drop-in Hours, Wednesdays, 1 – 4PM and Thursdays, 10AM – 1PM, 75 Laguna							

Housing & ADRC Drop-in Hours, Wednesdays, 1 – 4PM and Thursdays, 10AM – 1PM, 75 Laguna

Curry LGBTQ+ Tech Support with Roberto, Drop-In Appointments: Mondays and Wednesdays, 9AM – 12PM, 75 Laguna

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	All programs without a phone number listed, please RSVP to rsvp@openhousesf.org or (415) 231-5871	**All programs are via Zoom unless marked as Hybrid or with a location**				1 Queer Elders Writing Workshop 12:30 – 2:30PM Art with Elders 2:30 – 4:30PM, Closed Group
2	3 Men's Drop-In Support Group, 2 – 3:30PM, Hybrid "Trans Resilience" TGNC Support Group, 5:30 – 7PM, Hybrid RSVP: (415) 961-8378	4 **OPENHOUSE OFFICES CLOSED**	5 Clearing House: Cluttering Support,12:30 – 2PM Intermediate Spanish, 3 – 4:30PM, Closed Group	6 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group Women's Social, 2 – 3:30PM, 75 Laguna RSVP encouraged Heart of the Matter, 4 – 5:30PM, Closed Group	7 Yiddish, 3 – 4:30PM, Closed Group	8 Queer Elders Writing Workshop 12:30 – 2:30PM Art with Elders 2:30 – 4:30PM, Closed Group
9	10 Rainbow Lunch, 12 – 1:30PM 75 Laguna, RSVP required by July 7 Men's Drop-In Support Group, 2 – 3:30PM, Hybrid "Trans Resilience" TGNC Support Group, 5:30 – 7PM, Hybrid RSVP: (415) 961-8378	11 Trans, 50+ & Fabulous, 5 – 6PM, RSVP: (415) 292-3420	12 "In the Life": Supporting LGBTQ POC, 11AM – 12:30PM, 75 Laguna Genealogy, 11AM – 12:30PM, RSVP encouraged Intermediate Spanish, 3 – 4:30PM, Closed Group LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM, RSVP: (415) 503-4180	13 Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group Housing Workshop, 2PM-3:30PM RSVP: (415) 296-8995 Men's Social, 2 – 3:30PM, 75 Laguna, RSVP encouraged Heart of the Matter, 4 – 5:30PM, Closed Group	14 **International Nonbinary Day** Living with Loss: Drop-in Grief Support, 1 – 2:30 PM Yiddish, 3 – 4:30PM, Closed Group	15 Queer Elders Writing Workshop 12:30 – 2:30PM Art with Elders 2:30 – 4:30PM, Closed Group
16 International Drag Day	17 Men's Drop-In Support Group, 2 – 3:30PM, Hybrid "Trans Resilience" TGNC Support Group, 5:30 – 7PM, Hybrid RSVP: (415) 961-8378	18 LGBTQ Seniors with Chronic Physical Disabilities Support Group, 1 – 2:30PM Gray Gay Writers, 4 – 6PM, RSVP: (510) 333-4464	19 Clearing House: Cluttering Support, 12:30 – 2PM Intermediate Spanish, 3 – 4:30PM, Closed Group LGBTQ Caregivers Support Group 4 – 5:30PM, For info: asanchez@caregiver.org	20 Meditation, 11AM – 12PM Unidos/United Meeting, 11:30AM-1PM, 75 Laguna Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group Women's Social, 2 – 3:30PM, 75 Laguna RSVP encouraged Heart of the Matter, 4 – 5:30PM, Closed Group	21 **Zero HIV Stigma Day** Muttville Visit, 2 – 3PM, 255 Alabama St Yiddish, 3 – 4:30PM, Closed Group	22 Sister Circle 11AM – 12:30PM, 75 Laguna, RSVP encouraged QEWW 12:30 – 2:30PM Art with Elders 2:30 – 4:30PM, Closed Group
23	24 Rainbow Lunch, 12 – 1:30PM 75 Laguna, RSVP required by July 21 Men's Drop-In Support Group, 2 – 3:30PM, Hybrid "Trans Resilience" TGNC Support Group, 5:30 – 7PM, Hybrid RSVP: (415) 961-8378	25 Housing Workshop, 2 – 3:30PM RSVP: (415) 347-8509 Trans, 50+ & Fabulous, 5 – 6PM, RSVP: (415) 292-3420	26 Genealogy, 11AM – 12:30PM, RSVP encouraged "In the Life": Supporting LGBTQ POC, 11AM – 12:30PM, 75 Laguna Intermediate Spanish, 3 – 4:30PM, Closed Group LGBTQ Caregivers of those w/ Dementia Support Group, 6 – 7:30PM, RSVP: (415) 503-4180	27 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 Heart of the Matter, 4 – 5:30PM, Closed Group	28 Living with Loss: Drop-in Grief Support, 1 – 2:30 PM Yiddish, 3 – 4:30PM, Closed Group	29 Queer Elders Writing Workshop 12:30 – 2:30PM Art with Elders 2:30 – 4:30PM, Closed Group
30 TGI Monthly Meal, 5PM-7PM, 75 Laguna	31 Men's Drop-In Support Group, 2 – 3:30PM, Hybrid "Trans Resilience" TGNC Support Group, 5:30 – 7PM, Hybrid RSVP: (415) 961-8378	August 1 Gray Gay Writers, 4 – 6PM, RSVP: (510) 333-4464	2 Clearing House: Cluttering Support, 12:30 – 2PM Intermediate Spanish, 3 – 4:30PM, Closed Group	3 Meditation, 11AM – 12PM Long Term Survivors HIV/AIDS Support Group, 12 – 1:30PM, Closed Group Women's Social, 2 – 3:30PM, 75 Laguna RSVP encouraged Heart of the Matter, 4 – 5:30PM, Closed Group	4 Yiddish, 3 – 4:30PM, Closed Group	5 Queer Elders Writing Workshop 12:30 – 2:30PM Art with Elders 2:30 – 4:30PM, Closed Group

Support Groups

Men's Support Group
Mondays, 2 - 3:30PM, Hybrid: 75 Laguna & 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
Mondays, 5:30 - 7PM, Hybrid: 75 Laguna & via Zoom

Join other transgender and gender non-conforming seniors every Monday 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

Make Intergenerational Connections!

Interested in a friendship with another member/ally of the queer community? That is exactly what the Openhouse Friendly Visitor Program offers – a chance for ongoing social and emotional support, through regular chats or perhaps taking a walk together, visiting a museum or sharing another mutual interest. Let's get connected!

To find out more, contact Rob at rsmith@openhousesf.org or (415) 969-6907

Support Groups

Clearing House:
Drop-In Clutter Support Group
Wednesday, July 5 and 19, 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." The group is a non-judgmental, confidential, supportive space where you can share your struggles and strategies with other LGBTQ folks.

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

LGBTQ Caregivers of Those with Dementia Support Group
In Partnership with the Alzheimer's Association
Wednesday, July 12 and 26, 6 - 7:30PM via Zoom

We welcome diverse LGBTQ caregivers to this twice monthly 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.

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

Living with Loss: Drop-In Grief Support Group
Friday, July 14 and July 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 Barb Greve.

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

Support Groups

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

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

LGBTQ Caregiver Support Group

In Partnership with Family Caregiver Alliance
Wednesday, July 19, 4 - 5:30PM via Zoom

We welcome LGBTQ Caregivers for a new monthly support group!
This group is for caregivers of those with a variety of illnesses, disorders, and challenges. Join us via Zoom as we discuss the stresses, challenges, and variety of experiences that come with providing care in our community.

If you are caring for someone with Dementia-specific challenges, we encourage you to check out the LGBTQ Caregivers of those with Dementia Support Group.

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

Self-Compassion and Belonging
Tuesdays, starting August 8, 11AM -12:30PM via Zoom

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 listening to our critical inner voices. We will support each other in facing the mystery of mortality-our own and that of those we love.

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

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

Lifelong Learning

Curry LGBTQ+ Tech Support with Roberto
Drop-In appointments at Openhouse:
Mondays & Wednesdays, 9AM - 12PM, 75 Laguna

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

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
WiFi
Printers

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

Make an appointment or learn more, contact Roberto: (415) 439-3555
or ralvarez@curryseniorcenter.org

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Genealogy for Openhouse
Wednesdays, July 12, July 26, August 9, 11AM - 12:30PM, via Zoom

Local LGBTQ amateur genealogist, Phil James, will present a three-part series of classes on genealogy. Each class will focus on a particular aspect of the field. Participants will have the option of taking specific classes or the entire series.

Space is limited and an RSVP is required.

- **July 12**: The Basics of Genealogy: What is genealogy? Is there an LGBTQ aspect to it? Is it a beneficial activity for seniors? What are the challenges faced by marginalized populations (people of color, women, LGBTQ ancestors)?

- **July 26**: Genealogy - The Details: What are the details when gathering data? How to create a family tree from collected data.

- **August 9**: Genealogy, The Future: What's new in the field? How to "future-proof" your work. What do DNA results look like?

RSVP with Armando at armando@openhouse-sf.org or 415-728-0194

openhouse

community, services, and housing for LGBTQ+ seniors

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

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