

Celebrating Hispanic & Latina/e/o/x Heritage Month: September 15 - October 15

by Luis de la Garza

This month recognizes the contributions and influence of Hispanic Americans to the history, culture, and achievements of the United States. Hispanic Heritage Month came to be in 1989 by act of a Presidential Proclamation. The proclamation used the term 'Hispanic' which gained traction in 1970 as it was used by the US Census to categorize a large sector of the US population. 'Hispanic' refers to anyone from Spain or Spanish-speaking parts of Latin America. This has garnered critique because of Spain's colonizing influence and because it excludes non-Spanish speaking countries in Latin America. As we know, language changes and evolves as we try to find the best ways to identify ourselves. In the 1990s, the term 'Latino' became popularized as a more inclusive term and in the past 20 years, the term 'Latinx' gained use amongst some of the community for its gender neutrality. For a large segment of Spanish speakers, there is a preference to use their country of origin as a self-identifier, such as Nicaraguense, Peruano, or Guatemalteco (i.e., Nicaraguan, Peruvian, or Guatemalan).

The bi-monthly time frame for Hispanic Heritage Month is used to encapsulate nine different Latin American countries wresting their independence from colonial rule. Currently there are 45 Latin American countries, territories, and departments. Not included in this count are hundreds of indigenous communities embedded in these lands with their own native languages and without their own land sovereignty. Some Latin American countries still have ties to colonial powers: France (French Guiana), Dutch (Sint Eustatius), England (Islas Malvinas - Falkland Islands), and United States (Puerto Rico).

Read on to see how you can celebrate this month with Openhouse!

SEPTEMBER 2023

2	Hispanic & Latina/o/x Heritage Month Events
4	Arts & Culture
5	Health & Wellness
6	Calendar
9	Support Groups
12	Socials/Lifelong Learning



Join Us for a Fiesta Honoring Hispanic & Latina/e/o/x Month!

Friday, September 29, 1 - 4PM, In-Person at 75 Laguna

Openhouse, Unidos/United, and On Lok are collaborating this month to bring you a Pachanga: a lively party with music, dance, and food. We will be centering and lifting our Hispanic & Latina/e/o/x community members in honor of Hispanic Cultural Heritage month. The program will include salsa dance lessons, music performances, and delicious appetizers. We look forward to celebrating with you!

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



Hispanic & Latina/e/o/x Heritage Month Film Festival

Tuesdays, September 19 to October 10, 2 - 4:30PM

In-Person at 75 Laguna

In celebration of Latinx Cultural Heritage Month, we are excited to offer a mini Film Festival dedicated to showcasing a diverse collection of films, offering a small lens of human experience from the Latino perspective.

September 19: *All About My Mother*

This Oscar-winning melodrama, one of Pedro Almodóvar's most beloved films deals with complex issues such as AIDS, homosexuality, faith, and existentialism.

September 26: *El Norte*

Brother and sister Enrique and Rosa flee persecution at home in Guatemala and journey north, through Mexico and on to the United States, with the dream of starting a new life. It's a story that happens every day, but until Gregory Nava's groundbreaking *El Norte (The North)*, the personal travails of immigrants crossing the border to America had never been shown in the movies with such urgent humanism.

October 3: *La Mission*

In this emotionally charged drama, a single parent ex-con (Benjamin Bratt) in a tough neighborhood finds his personal values challenged when he discovers his son is gay.

October 10: *Retablo*

Retablo introduces the story of Segundo, a 14-year-old teenager who admires and longs to follow in the footsteps of his father, a master craftsman who has dedicated himself to the art of the 'retablo'. One day, however, the boy comes across his father in a compromising situation that results in him losing the respect he once had for him.

Cutting Edge Programs and Services

Openhouse is on the cutting edge in programming, services, and training. This year, our training team is, well, a training team! Led by Ephraim Getahun, the team has grown to four staff this year including Lunae Chrysanta, Manager of Training and Transformation, Mary Elizabeth, Training and Transformation Coordinator, and Taylor Boutelle and Fernanda Celarie, Trainers for the CalGrows grant. Openhouse training is central to creating new social and domestic environments that are supportive, accepting, and safe for LGBTQ+ elders.

Jupiter Peraza, Statewide Coalition Manager, is also on the cutting edge: from crafting the policy in San Francisco for Transgender History Month to building a statewide coalition for the first ever study of the aging experience of LGBTQ+ Californians. We are working with our Community Advisory Committee to craft a community grounded survey and are looking forward to sharing more with you soon.

From the work of the Community Engagement staff to the Community Support Services and our Community Day Services program, we continue to work with the community to develop optimal programs and services for our community.

Kathleen M. Sullivan, Openhouse Executive Director

FREE Showing of Milk & Discussion with Cleve Jones

Thursday, October 5, 6:30 - 9:30PM

In-Person at Castro Theatre

It's the 15th anniversary of the release of the film *Milk*, and you're invited to a special FREE screening!

This free community event, put on by San Francisco AIDS Foundation and a group of other local LGBTQ+ organizations, including Openhouse, will have a fireside chat with Cleve Jones, co-founder of San Francisco AIDS Foundation, creator of the NAMES Project AIDS Memorial Quilt, and author of *When We Rise: My Life in the Movement*. He is a human rights activist with a history of activism spanning four decades.

Visit www.openhousesf.org/milk to reserve your free



Arts & Culture

The CMC Openhouse Choir is looking for new members!

Tuesdays, 11AM - 12:30PM, In-Person at 75 Laguna

Community Music Center's Older Adult Choir Program and Openhouse are collaborating to create a space for LGBTQ+ Older Adults to connect through the joyful power of music! We explore a wide range of choral repertoire per the interests and abilities of the participants and the vision of the director. No prior singing experience is needed!



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

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Queer Elders' Writing Workshop has a new day/time!

Fridays, 1 - 3PM, via Zoom

QEW, the Queer Elders' Writing Workshop, is moving to Fridays and they're looking for new members! A diverse and friendly group, our no-pressure writing philosophy is dedicated to making writing creative and fun. QEW welcomes writers of all genres and styles, including memoirs, stories, poems, lyrics, and more!

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

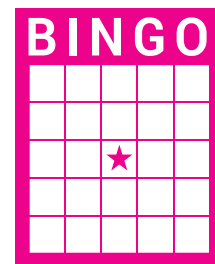
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Drag Lotería at Club75

Wednesday, September 27, 1:30 - 3:00PM, In-Person at 75 Laguna

Join us as we celebrate Hispanic Heritage Month with a special Drag Lotería! We will have two new drag performers, food, several rounds of bingo, and prizes. Be in community for an afternoon of fun entertainment with friends.

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



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Concert in the Courtyard

Tuesday, September 26, 1 - 2PM, In-Person at 75 Laguna

Join Club 75 for an afternoon of music in the courtyard with Duo Pizzicato! Bill Foss and Martha Hawthorne started Duo Pizzicato in 2011 to perform music they first heard at Caffè Trieste in San Francisco. Since 2011, they have expanded their repertoire to include songs from several different regions of Italy and Ticino (the Italian speaking part of Switzerland).

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

Arts & Culture

Lesbian, Bisexual, and Queer Women's Sister Circle Lunch and Two-Part Judo Experience

Part 1: Sat, Sept 16, 12 - 2PM, In-Person at 75 Laguna:

Special showing of *MRS. JUDO: BE STRONG, BE GENTLE, BE BEAUTIFUL*. This film documents the life-long journey of the late Keiko Fukuda who defied thousands of years of tradition and became the highest-ranking woman in judo history. The documentary will be followed by lunch and a discussion of the film with Keiko's lifelong partner, Shelley Fernandez.



Part 2: Sat, Sept 23, 11AM - 12PM, RSVP for location

Very limited spaces available to visit the Soko Joshi Judo Club in Noe Valley. Opened in 1972, Keiko and her partner, Shelley, started this dojo. We will visit the Noe Valley dojo to hear about the history and watch a demonstration of women's judo. **An RSVP is required to attend.**

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

Health & Wellness

LGBTQ+ Elder Housing Services Virtual Symposium Series

Tuesdays, 11AM - 12:30PM, Online

Join us for the LGBTQ+ Elder Housing Services Virtual Symposium Series, happening throughout the month of September! Co-hosted by Openhouse and SAGE, this series brings together community advocates, housing and aging experts, and service providers to address the unique housing service needs of LGBTQ+ aging individuals.

September 5: Collective Resilience: Sharing Space to Age Together

September 12: By Us, For Us: Collaborative Responses to Housing Crises

September 19: Thriving in Community: Home Ownership as Aging Care

September 26: Who Is Senior? Culturally Reflective Definitions of Aging

During these sessions, experts will explore various challenges faced by LGBTQ+ elders, including those of color, discuss different service and housing models, and delve into community-based solutions that support an holistic aging experience. These sessions aim to go beyond physical housing structures and focus on implementing holistic care for LGBTQ+ elders to age and thrive in community.

Don't miss out on this important symposium series! Register today!

Go to <https://openhousesymposium.org/> for more info and to register.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
All programs are via Zoom unless marked as Hybrid or with a location						
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						
	All programs without a phone number listed, please RSVP to rsvp@openhousesf.org or (415) 231-5871				1 Queer Elders Writing Workshop 1 - 3PM Yiddish, 3 - 4:30PM, Closed Group	2 Art with Elders 2:30 - 4:30PM, Closed Group
3	4 OPENHOUSE OFFICES CLOSED FOR LABOR DAY	5 Self Compassion, 11AM - 12:30PM LGBTQ+ Elder Housing Services Virtual Symposium Series, 11AM - 12:30PM, see pg 10 for more info	6 Clearing House: Cluttering Support, 12:30 - 2PM Intermediate Spanish, 3 - 4:30PM, Closed Group Trans Resilience, 5:30 - 7PM, Hybrid RSVP: (415) 961-8378	7 Meditation, 11AM - 12PM Long Term Survivors HIV/AIDS Support Group, 12 - 1:30PM, Closed Group Women's Social, 1:30 - 3PM, 75 Laguna RSVP encouraged	8 Games Group, 11AM - 1PM, 75 Laguna Living with Loss: Drop-in Grief Support, 1 - 2:30 PM QEWW, 1 - 3PM Yiddish, 3 - 4:30PM, Closed Group	9 Art with Elders 2:30 - 4:30PM, Closed Group
10	11 Rainbow Lunch, 12 - 1:30PM 75 Laguna RSVP required by Sept 8 Men's Drop-In Support Group 2 - 3:30PM, Hybrid Continuing Japanese, 3-4:30PM Closed Group	12 Self Compassion, 11AM - 12:30PM CMC OH Choir, 11AM - 12:30PM, 75 Laguna Virtual Symposium, 11AM - 12:30PM, see pg 10 for more info Gray Gay Writers, 4 - 6PM, RSVP: (510) 333-4464 Trans, 50+ & Fab, 5 - 6PM, RSVP: (415) 292-3420	13 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	14 Meditation, 11AM - 12PM LTS 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 Heart of the Matter, 4 - 5:30PM, Closed Group	15 QEWW, 1 - 3PM Muttville Visit, 2 - 3PM, 255 Alabama St Yiddish, 3 - 4:30PM, Closed Group	16 Sister Circle 12 - 2PM, 75 Laguna, RSVP required Art with Elders 2:30 - 4:30PM, Closed Group
17	18 Men's Drop-In Support Group 2 - 3:30PM, Hybrid Continuing Japanese, 3-4:30PM Closed Group	19 Self Compassion, 11AM - 12:30PM CMC OH Choir, 11AM - 12:30PM, 75 Laguna Virtual Symposium, 11AM - 12:30PM, see pg 10 for more info Latinx Heritage Month Film Festival, 2 - 4:30PM, 75 Laguna	20 Taller de vivienda, 11AM-12:30PM, RSVP: (628) 208-0020 Clearing House, 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	21 Meditation, 11AM - 12PM Unidos/United Meeting, 11:30AM-1PM, 75 Laguna LTS HIV/AIDS Support Group, 12 - 1:30PM, Closed Group Women's Social, 1:30 - 3PM, 75 Laguna RSVP encouraged Heart of the Matter, 4 - 5:30PM, Closed Group	22 Games Group, 11AM - 1PM, 75 Laguna Living with Loss: Drop-in Grief Support, 1 - 2:30 PM QEWW, 1 - 3PM Yiddish, 3 - 4:30PM, Closed Group	23 Bisexuality Day Art with Elders 2:30 - 4:30PM, Closed Group Sister Circle Outing, 11AM - 12PM, RSVP for info
24 TGI Monthly Meal, 5-7PM, 75 Laguna	25 Rainbow Lunch, 12 - 1:30PM 75 Laguna, RSVP required by Sept 22 Men's Drop-In Support Group, 2 - 3:30PM, Hybrid Continuing Japanese, 3-4:30PM, Closed Group	26 Self Compassion, 11AM - 12:30PM CMC OH Choir, 11AM - 12:30PM, 75 Laguna Virtual Symposium, 11AM - 12:30PM, see pg 10 for more info Concert in the Courtyard, 1 - 2PM, 75 Laguna Housing Workshop, 2PM-3:30PM RSVP: (415) 347-8509 Latinx Film Festival, 2 - 4:30PM, 75 Laguna Gray Gay Writers, 4 - 6PM Trans, 50+ & Fab, 5 - 6PM, RSVP: (415) 292-3420	27 Drag Lotería, 1:30 - 3PM, 75 Laguna Intermediate Spanish, 3 - 4:30PM, Closed Group Trans Resilience, 5:30 - 7PM, Hybrid, RSVP: (415) 961-8378 LGBTQ Caregivers of those with Dementia Support Group, 6 - 7:30PM RSVP: amellinger@openhousesf.org	28 Meditation, 11AM - 12PM LTS 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	29 Fiesta, 1 - 4PM, 75 Laguna QEWW, 1 - 3PM Yiddish, 3 - 4:30PM, Closed Group	30 Art with Elders 2:30 - 4:30PM, Closed Group

Health & Wellness

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

Feeling Stuck? Introducing our new Mental Health Program

Sessions occur in-office 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 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



Taller de alquilar viviendas con precio asequible

Miercoles, 20 de septiembre, 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, 11AM - 12PM, via Zoom

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



Support Groups

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.

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

Self-Compassion & Belonging

Tuesdays, 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.

This group is facilitated by Molly Reno who has been facilitating groups at Openhouse since 2012.

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

Trans Resilience Support Group *NEW DAY*

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



Heart of the Matter Lives On

Thursdays starting September 14, 4 - 5:30PM, via Zoom

Join us as we discuss what still matters to you. Rich and meaningful topics include loss and change, mortality, hope, faith, and exploring the appeal life may still offer. This is a coed group of up to 8 members. A conversation with the facilitator is required before joining. Den Reno, Ph.D. Licensed Psychologist, is a long time Openhouse facilitator.

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

Clearing House: Drop-In Clutter Support Group

Wednesday, September 6 and 20, 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

Living with Loss: Drop-In Grief Support Group

Fridays, September 8 and 22, 1 - 2:30PM, via Zoom

Join Openhouse and VITAS Health care 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 co-facilitated by Rabbi Jane Litman and Chaplain Barb Greve.



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

LGBTQ Caregivers of Those with Dementia Support Group

In Partnership with the Alzheimer's Association

Wednesday, September 13 and 27, 6 - 7:30PM, via Zoom

We welcome diverse LGBTQ caregivers of those with Dementia 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.



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

LGBTQ Seniors with Chronic Physical Disabilities Support Group

Tuesday, September 19, 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

LGBTQ Caregiver Support Group

In Partnership with Family Caregiver Alliance

Wednesday, September 20, 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

Social

Drop-In Social Hours at Openhouse

Thursdays, In-Person at 75 Laguna, RSVP encouraged

Women's Social Hour Sept 7 and 21, 1:30-3PM

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

Men's Social Hour Sept 14 and 28, 2-3:30PM

we welcome men of all experiences for a social hour happening twice a month



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

Unidos/United Meeting

Thursday, September 21, 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

community, services, and housing for LGBTQ+
openhouse

Bob Ross LGBT Senior Center
65 Laguna St.
San Francisco, CA 94111
(415) 296-8995
www.openhousesf.org



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SEPTEMBER 2023

Out of Site: Sylvester, The Mighty Real Walking Tour!

Friday, September 8, 1 - 2:30 PM, RSVP for location details

Join Openhouse, Club 75, and Eye Zen Presents as we celebrate Queer Ancestor and international disco sensation, Sylvester, performed by Bay Area jazz and cabaret icon Lambert Moss, as we travel through the Haight on this performance-driven walking tour. The walk will be 90 minutes and there will be very limited options for seating during the walk. Space is limited, reserve your spot today!

RSVP at rsvp@openhousesf.org or (415) 231-5883

Games Group is Back!

Fridays, September 8 and 22
11AM - 1PM

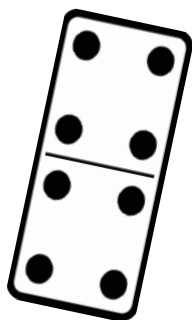
In-Person at 75 Laguna

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, September 15, 2PM
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!

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.