A Message from Kathleen, Openhouse’s Executive Director

Pride month was a blast with all that we had going on: the wonderful Juneteenth celebration, the Señora Felicia Flames TGNCI Intergenerational Brunch, and the rest of the Pride Festivities! Coming together as community is uplifting and it is so fun to meet people in person.

We are busy putting together programs and delivering exceptional services as we always do. I wanted to also let you know that we are expanding our services to include a new mental health support program called PEARLS. It is in the pilot stage right now and is a positive approach to help older adults re-engage with their lives and communities. More information to come on this!

Looking forward to more programming on-site as we transition slowly out of the pandemic.

Cheers, and do stop by if you are in the neighborhood!

Kathleen

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**JULY 2022**

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This year’s Openhouse Pride theme was “Love is Ageless”
Starting this month!

“Places Please” goes to the Gay Nineties!
Mondays, July 11 - August 29, 11AM - 12:30PM, Hybrid at 75 Laguna

This exciting workshop explores ‘90s LGBTQ+ plays and playwrights and their enormous contributions to U.S. theatre. We’ll read and discuss each play, giving an opportunity for actors and would-be actors to take the stage and bring the playwright’s words to life. No experience is necessary for Places Please, just an interest in LGBTQ+ theatre.

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

Register with Armando: apaone@openhousesf.org or (415) 728-0194

Join us for a new session of Reach Out, Come Out, Plug Back In
Thursdays, starting July 14, 4 - 5:30PM, via Zoom

The lasting impact of COVID-related isolation can be felt deeply by LGBTQ seniors. With the ever-changing prospect of being in-person, we may be confronting a wide range of feelings: emotional residue from the past; overwhelm at changes in restrictions and health expectations; and general uneasiness around engaging in person. This session will specifically engage questions about how awareness of our mortality influences our choices about love and friendship with self and others.

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

End of Life Planning Workshop
Wednesday, July 20, 10AM - 12PM, via Zoom

Join Brian Elliott-Pekrul from the Aids Legal Referral Panel (ALRP) and representative from Legal Assistance to the Elderly (LAE), 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, contact rsvp@openhousesf.org or (415) 231 - 5871
Resources

Need Help with Food Support, Grocery Shopping, or Other Errands?
As we continue to transition out of the pandemic, our volunteers are standing by to help you get what you need:

- Weekly Home Delivered Grocery program for those who cook
- Guidance to other food assistance programs in San Francisco
- Help buying groceries, pet food, medications, and other supplies

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

Affordable Housing Workshop:
July 14 and July 26, 2PM via Zoom

Come demystify the process!

Interested in affordable rental housing in the SF Bay Area? Want to learn more about the lottery system? Openhouse offers online affordable housing workshops every 2nd Thursday and 4th Tuesday of the month, where we go over the steps to start your affordable rental search.

Register online at: https://www.openhousesf.org/housing

Questions? Contact Aisling: apeterson@openhousesf.org

Openhouse’s Housing and ADRC Drop-In Hours
Wednesdays 1-4PM and Thursdays 9AM-12PM, 75 Laguna

Get help with accessing info, looking for housing, filling out forms, and more. **No appointments needed or documents required--just drop by!**

You’re not required to bring any documents with you, but the following can be helpful:

- photo ID
- proof of income (i.e. Social Security/SSI benefits letter, pension statement, or recent paystub)
- proof of SF or other residency (i.e. utility bill, internet bill, or copy of lease)
- any relevant housing documents (i.e. eviction notice or letter from landlord)

A face mask is required for entry.
Join the Gay Gray Writers!
Every other Tuesday, July 5 and July 19, 4PM - 6PM, via Zoom

The Gay Gray Writers (GGW), an Openhouse male-identified writing group, is currently 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 its participants however fiction, and other writing genres, are presented in our bi-weekly sessions. 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.

Concert in the Courtyard
Tuesday, July 19, 2PM - 3PM, In-Person in the Courtyard at 75 Laguna

Join us for a performance and educational experience with Jerry Simas, a clarinetist with the SF Symphony Orchestra. Jerry is both a performer and music educator and has served as the San Francisco Symphony’s Solo Bass Clarinet and Utility Clarinet since 2012. Light refreshments will be provided.

An RSVP is required to attend. Please RSVP by July 13
RSVP at rsvp@openhousesf.org or (415) 231-5871

Outing to the Haight Street Art Center: “Radical Solidarity”
Thursday, July 28, 2PM, Haight Street Art Center: 215 Haight St.

Join us for us a guided tour of “Radical Solidarity”: a series of exhibitions from three generations of female artists from San Francisco. One of the artists featured is Openhouse community member Mari Tepper. “Laying It on the Line” is the first comprehensive survey of Mari’s work, which explores her lifelong commitment to social justice and equal rights, whether it’s to celebrate one’s sexuality or advocate for access to housing and mental-health care.

RSVP required.

To RSVP: rsvp@openhousesf.org or (415) 231 - 5871
Let’s Hang Out!

Join us for Rainbow Lunch!
July 11 and July 25, 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, July 26, 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

Tech Tips from Openhouse

If you are having trouble receiving e-mails from Openhouse, you are not alone. There is a frequent issue of e-mails from Openhouse being categorized as spam or junk by e-mail providers. Here are a few essential tips for receiving Openhouse e-mails more easily:

1. Always check your spam or junk folder before assuming you have not been sent an e-mail
2. Add the e-mail address that sent you the message to your address book
3. For repeating reminder e-mails for Openhouse programs: save a copy of the e-mail so that, if you do not receive it in the future, you will have a copy to access the program.

For tech help appointments, contact Faire: (415) 231-5883 or faire@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.
Get Connected

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

We’ll discuss what keeps you going, what gives you a sense of meaning and purpose and learn some new tools for relieving stress and creating resiliency.

This group is facilitated by Molly Reno, a somatic life coach and facilitator who has been leading Self Care and Self Compassion support groups at Openhouse since 2012.

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

LGBTQ Seniors with Chronic Physical Disabilities Support Group
Tuesday, July 19, 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.

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

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.

Facilitator Myles Dixon is gay-identified and African American. He has a Master’s in Health Service, Administration, and Community Health Planning and has both personal and professional experience working with elders and LGBTQ folks.

Register at 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.
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<td>Beginning Spanish, 3 – 4:30PM</td>
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Housing and ADRC Drop-In Hours: Wednesdays (1 - 4PM) and Thursdays (9AM - 12PM), 75 Laguna

Check listing for location of program. Programs will be listed at virtual, hybrid, or in-person.
Have Fun and Get Engaged!

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

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**Join the Openhouse Walking Group**

**Friday, July 8 and July 22, 11AM - 12PM, 65 Laguna St**

We invite you to join us every 2nd and 4th Friday of the month as we move together, talk, and explore the neighborhoods around Openhouse. Everyone is welcome.

On the 2nd Friday of the month (July 8), Muttville will bring their senior dogs to walk with the Openhouse Walking Group. 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. Freddie has been a certified nursing assistant for 30 years and is a volunteer Chaplain at Davies Medical Center.

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

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**Muttville is back in person!**

**Friday, July 15, 1PM - 2PM**
**Muttville Headquarters: 255 Alabama St.**

Join us for a monthly in-person visit to Muttville where we hang out in the cozy Muttville headquarters where we’ll enjoy each others’ company and spend time with some delightful doggies!

Space is very limited and an RSVP is required.

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

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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 Some Support

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 at jjha@openhousesf.org or (415) 961-8378

Living with Loss: Drop-In
Grief Support Group
Friday, July 8 and July 22
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 Caregivers of Those with Dementia Support Group
Wednesday, July 27, 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 with Ariel: amellinger@openhousesf.org or (415) 503-4180

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

We might be reaching out to you to fill out or update your Openhouse registration

Why fill out a registration?

- Filling out a registration ensures that we have a way to contact you! It also means we’ll have an emergency contact in the event that something happens while at an Openhouse program.

- Registrations help us better understand who we are serving and provides information that informs the programming we offer.

- Filling out a registration helps the LGBTQ senior community to be seen and counted! Registrations allow us to demonstrate to our funders that we are serving our community. This helps us justify current funding and apply for more as we work to better serve our community.

Registrations need to be filled out every 2 years and you can fill out as much information or as little information as you’d like.
Hybrid and In-Person Programming is Here!

A note about RSVPing and location descriptions in the newsletter:

When looking at newsletter ads for program locations, you will see “via Zoom”, “Hybrid”, or “In-person” under the title. Here is what each of those mean:

Via Zoom: this program takes place online and you will need to RSVP to get a Zoom link.

Hybrid: this program takes place via Zoom and in-person at the same time. You will need to RSVP to get the Zoom link and will need to RSVP to come in person.

In-Person: this type of program takes place entirely in person. You will need to RSVP to attend all in-person programming.

RSVPing: to ensure we receive your RSVP, we encourage you to RSVP at least two days before the activity you’d like to attend.

These programs serving the community are funded by the City of San Francisco’s Department of Disability and Aging Services.