

Breathe and Relax with YOGA

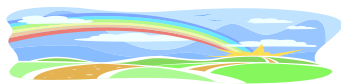
Openhouse is proud to present donation-based yoga specifically dedicated to the older LGBT Community.



Instructor Kevan Houser is an RN who is a Yoga Alliance-recognized yoga teacher and has taught yoga for over 8 years and many Openhouse community members have reported great benefit and enjoyment from their practice with him. According to Houser, "The class is targeted to the mature LGBT community, but is open to anyone with an open heart and a desire to practice gentle, integrative hatha yoga in a nurturing, loving environment." For information, call X16.

66 Sanchez Street, Thursdays 10:00 AM-11:30 AM

Openhouse's "LGBT Chat."



We're talking, laughing and pondering matters great and small at the Bernal Heights Community Center

515 Cortland Street, every 3rd Thursday, 1 - 2:30pm

Come join us at our fun, informal, and sometimes amazing chats! For more information call (415) 296-8995 X10

Women's Second Sunday 3-5 PM

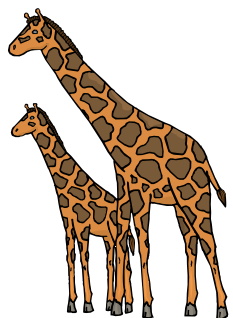
Francis of Assisi, 145 Guerrero
"Exploring Spirituality"

Carol Newhouse, LCSW, will join us to discuss her work as the guiding teacher of the East Bay's Lesbian Buddhist Sangha, and will lead us in a voluntary mindfulness exercise.



Second Sunday is a great place to meet other LGBT women 60+. Snacks provided, but feel free to bring something to share.

Agnostics, atheists, and everyone else welcome!



We're Going to the Zoo and You Can Come Too!

Join Openhouse for a free trip where you can see over 250 different animal species! Meet Openhouse **Wednesday September 7th** at the Muni/Bart escalators (Market and Powell) at **10 AM** sharp. From here we will take the L Taraval line to the zoo. Those interested in meeting the group at the zoo, please call 415-296-8995 X16 to schedule a meet up. Cost*: Muni ticket both ways (\$.75 each way Senior rate).

Please note this trip is free for San Francisco residents who show a California state-issued ID. Please bring your own lunch or money to purchase lunch.

Approved!

55 Laguna

109 Apartments for LGBT Seniors

The San Francisco Planning Commission voted unanimously on August 4 to approve a critical change in the financing plan for the 55 Laguna development. Openhouse plans to build 109 apartments, which will all be rented seniors who are low-income. Commissioners heard loud and clear from LGBT seniors that the pioneers of our movement are being forced "back into the closet" in order to receive quality care and move into residential facilities. They are being forced to relocate and leave dear friends behind. Thank you to everyone who came to the hearing or wrote to the Planning Commission. The Commission received 375 letters, e-mails and postcards! Today, we are one step closer to achieving our dream of an LGBT-welcoming senior housing community.



Men's 2nd Sunday Potluck 12-2PM

Francis of Assisi, 145 Guerrero Street

Bring a dish, if possible, according to your last-name: A-G : side dish H-N : salad O-Z : beverage or dessert. Come meet new friends, and join the discussion, with other 60+ LGBT men.



This month we will be watching and discussing short films from Frameline's critically acclaimed "*Fun in Boys' Shorts*."

Women's Writing Group: New Time and Location



Group meets 1st, 3rd, & 4th Sundays
4:00 - 6:00 PM Notre Dame Senior Plaza

347 Dolores at 16th, first floor

All levels welcome to our beautiful new location. Come give and receive feedback in a supportive setting with our fabulous instructor Rose Tully and other LGBT women. There is no cost to you. Just bring a pen and paper.

Are You an Entertainer?

Interested in performing for LGBT residents of Laguna Honda hospital for our Kaleidoscope program? We are seeking speakers, artists, musicians, and performers of all kinds to provide entertainment. Please call 415-296-8995 X16 to find out how you can play a role in this important program.



Ongoing Programming (see Calendar for all one-time events)

MONDAYS

(Please Note: All activities and groups are cancelled for Labor Day, Sept. 5th)

Men's Writing Group

Castro Senior Center, library room 10AM
110 Diamond St.

Always Active Exercise Group 10:30-11:30AM

Castro Senior Center, 110 Diamond

Movie Afternoons - New Releases 12:45PM

Castro Senior Center, 110 Diamond Street

Men's Group 2 - 3:30PM

Call Bruce x 17, SF LGBT Center, 1800 Market

THURSDAYS (continued)

Yoga 10:00-11:30 AM 66 Sanchez Street

Open LGBT Issues Discussion Group Second Thursday 10- 11:30AM

Join us for lively discussion at the 30th Street Senior Center, 225 30th Street @ Dolores

LGBT Chat: Bernal Heights Discussion Group Third Thursday 1-2:30PM

Bernal Heights Neighborhood Ctr., 515 Cortland

FRIDAYS

Housing and Social Services Clinics

First and Third Fridays 10 AM-2PM

Please call x 13 for more information
30th Street Senior Center, 225 30th St. at Dolores

Classic Films 12:45 PM

Castro Senior Center, 110 Diamond Street

Health and Wellness Fridays

Friday September 30th, 3-4:30PM

"What's the Buzz on Sugar?"
LGBT Center, 1800 Market St.

TUESDAYS

Always Active 10-11AM

Castro Senior Center, 110 Diamond Street

Castro Discussion Group 12:30-2PM Third Tuesday

Castro Senior Center, 110 Diamond Street
Topic: "After Life: What's Next?"

Women's Support Group

Call X16 for information

WEDNESDAYS

Lunch Bunch 1st and 3rd

10:30 AM—12:30PM

Call to reserve lunch x 17
Curry Senior Center, 315 Turk Street



Rainbow Lunch 2nd and 4th

12:30—2:00 PM

LGBT Center, 1800 Market Street
Call to reserve your place x 16



Housing & Services Clinics

Wednesdays 1 - 5 PM

To make a one-on-one appointment, call x13
LGBT Center, 1800 Market St.

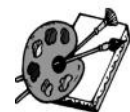
SATURDAYS

Games Day 10:00 AM - 1:00PM

Board Games, cards, dominos and great company!
LGBT Community Center, 1800 Market

Art Group 11:30 AM - 2:00 PM

Creative group of LGBT elders meet to explore, create, discover, play and support one another through art.
LGBT Community Center, 1800 Market



SUNDAYS

Women's Writing Group 4:00—6:00 PM

1st, 3rd, 4th Sundays
Notre Dame Senior Plaza
347 Dolores Street, 1st floor

Second Sundays:

Men's Potluck and "Fun in Boys Shorts" film
12:00-2:00 PM

Women's "Exploring Spirituality" 3:00-5:00 PM
St. Francis of Assisi, 145 Guerrero St.

THURSDAYS

Always Active Exercise 10:30-11:30AM

Castro Senior Center, 110 Diamond Street

Discussion Group at Martin Luther Towers

First Thursday Call x16 for more information

CALL OPENHOUSE AT (415) 296-8995 FOR MORE INFORMATION ON PROGRAMS

Elder Suicide Never Good News

Razors pain you;
Rivers are damp;
Acids stain you;
And drugs cause cramp.
Guns aren't lawful;
Nooses give;
Gas smell awful;
You might as well live.

Dorothy Parker-1926

This year, National Suicide Prevention Week is from September 4th through 10th. The largest increase in suicide rates is represented by LGBT Elders, particularly older gay men. The highest suicide rate is for white men over 85, (54 per 100,000). In 2007, The Association for Suicide Prevention co-sponsored a conference with the Gay, Lesbian Medical Association on LGBT suicide stating: "Because official suicide statistics do not include information on sexual orientation or gender identity, firm data are lacking on whether rates of completed suicide are higher among LGBT youth, adults or older adults, compared to the general population. Few suicide prevention programs have focused specifically on this population."

Still, social service agencies and doctors dealing with LGBT elders and many of us in the community, have been aware of the increase for some time. Amber Holibaugh, of Queers for Economic Justice points out, "This is the first generation that will be approaching aging with HIV as an issue. Their physical health problems are certainly a risk factor for suicide, as is isolation." Patrick Abore, founding director of the Center for Elderly Suicide Prevention & Grief Counseling at the Institute for Aging (CESP) in San Francisco further commented: "Older adults often face a multitude of changes and stresses in relation to the aging process, including health concerns, physical limitations, financial problems, and loss of loved ones."

CESP offers support groups and also sponsors the *Friendship Line*, a 24-hour phone line providing support for seniors in crisis, outreach phone calls for medication reminders, well-being checks, emotional support, counseling and senior care information, and referral by phone.

Call (800) 971-0016 for more information or:

Email: friendshipline@ioaging.org

The American Psychiatric Association has a special web page for seniors at: <http://www.healthyminds.org/More-Info-For/Seniors.aspx>

The National Institute for Mental Health <http://www.nimh.nih.gov/health/publications/older-adults-depression-and-suicide-facts-sheet/index.shtml>



Health & Wellness Fridays

September 30th 3:00 PM - 4:30 PM

Presents: What's the Buzz on Sugar?

SF LGBT Center, 1800 Market



Registered dietician Eric Hernandez will discuss the myths and current medical knowledge on the way sugar interacts with the body. Is there such thing as a "sugar rush?" Are some sugars different than others?

What about artificial sweeteners, fructose or stevia? Come with your questions to this engaging talk! Free healthy snacks and blood glucose screenings.

Judy Grahn Group Reading in October

Aunt Lute Books, in co-sponsorship with Queer Cultural Center and Openhouse, is excited to announce the date for another community event!

Join us Thursday, October 13 at Francis of Assisi (145 Guerrero) for a free evening program that will feature a group reading with Judy Grahn at 6:15 PM. Come at 5:30 PM to enjoy drinks and hors d'oeuvres. We'll be announcing more details about the event soon. In the meantime, please feel free to spread the word.

Free picnic and tour

San Francisco Botanical Garden

Wednesday, September 21st 12:30

The San Francisco Botanical Garden is a sanctuary of landscaped gardens and open spaces showcasing over 8,000 plants from around the world.



Meet Openhouse at the corner of 9th Avenue and Lincoln Way in Golden Gate Park on **Wednesday, September 21st at 12:30** for a picnic in the park.

You can take the Muni N Judah directly to 9th and Irving, one short block to 9th and Lincoln (Main Gate). We'll then meet at **1:30 at Alpine Circle** for a free docent led tour, wheelchair accessible and non-strenuous. Call 415-296-8995 X16 for more information.



Outreach to Lesbian, Gay, Bisexual & Transgender Older Adults
870 Market St., Suite 458, San Francisco, CA 94102
(415) 296-8995 www.openhouse-sf.org

GAME DAY, every Saturday at the LGBT Center, 1800 Market St. 10 AM-1PM.

Loaded Questions and *Balderdash*: *Loaded Questions* asks players to answer questions ranging from "What do you often make fun of?" to "What profession do you admire, but would never want to do?" In *Balderdash*, players create fake definitions of real English words and then guess the correct definition. Both games ensue in hilarity and new social connections. So come join the fun, every Saturday. Dominoes and card games are also old favorites, or feel free to bring your own game to share!

THIS IS WHO WE ARE

Eva Lilly

The Openhouse Monthly Interview

At 71, Eva Lilly has had multiple sclerosis (MS) since 1988, but you'd never know it judging from the many activities she is involved with throughout the city. A dedicated volunteer with Openhouse, the Laguna Honda Friendly Visitor Program, the San Francisco Pride Parade and a devoted member of Metropolitan Community Church, Eva is a glowing example of commitment to community.

Born in San Francisco to a working class family in the Richmond district, Eva left Washington High School before graduation. At 16, she became a wife and mother and lived what she described as "a traditional life": cooking, cleaning and caring for her baby, and her husband while he worked at the telephone company. By age 19, Lilly had scrimped and saved enough money from a housekeeping job to pay for a divorce. "He (her husband) never gave me a cent for the divorce," she said, "and never supported his daughter either."

Working at a candy factory for some time, Eva reflected, "Bringing up my daughter wasn't too hard. My mother sometimes babysat and I also had good neighbors. We often helped one another out and some remained friends for years."

Still, it was a working class life with little opportunity to go back to school and finish her studies. "Not graduating from High School," she says, "condemned me to very low-income jobs and there was no time to become involved in anything other than making the rent one way and another. I didn't read the radical newspapers about feminism. My mother drilled it into me that my major in school was to be home economics. For years, I used to let guys come and play poker in my house and they would leave food for me. Then I also had a friendly butcher. Poverty was a real struggle during the 1960's for single women, but I didn't let my daughter know I was having any hardship."

At the strong-willed persuasion of her mother who, "interfered constantly with my life for many years," Eva married again. She stayed 10 years this time but her husband became disabled physically and mentally, and she divorced for a second time.

It was in between marriages that Eva explored lesbian relationships. Sometimes she went to bars but all too often met with hostility, "I think I looked too feminine or something. Then I noticed that many of the women I met wanted me to be subservient. Too often I tried to do things to please other people and it never worked." Eva lived with one woman for some time but had to throw her out because she went into the drug business. Says Eva, "I couldn't bring my child up in that atmosphere."

Despite occasionally visiting bars, Eva never connected to the women's community. "I worked so many jobs,"

she said "that there was no time for consciousness-raising groups or demonstrations; the rent was due, my kid needed new clothes for school and food had to be on the table. By the 1970's when the women's movement was in full swing, I barely had time to breathe."

Some of Eva's jobs included being the cashier at the famous Strand Cinema on Market Street, "The movies changed every day there and all the guys were regulars." She also worked for a short time in a brothel. "What can I say, there was no other work around for me and at least it wasn't on the streets."



Eva married for the third and final time, but it didn't last long. "He was too overbearing. He needed to tell me what to do all the time. He'd go to the stores and pick out my clothes; he'd want everything exactly as he laid it out. I felt so closed in and was contemplating suicide. So I got a job in a five and dime and moved back to my mother's. Then I made several trips to the psychiatric ward."

No stranger to depression, (the disease ran in her family), it was through therapy she discovered "that my mother wasn't as nice as I had believed," and that her habitual lying was so bad during Eva's childhood that, "I never knew what to think. It was chaos." Eva is now happy to report that she has learned to cope with depression through therapy, and the abundance of her volunteer work.

During her last lesbian relationship, Eva and her partner bought a house. They were together 11 years but, says Eva, "the power difference around money was difficult. My partner was working her way up in banking and I was in dead-end jobs. Just after I was diagnosed with MS, she started flirting with another woman. We broke up and (I ended up) losing the house and everything else. It was very devastating to lose that relationship. I haven't wanted to try again with anyone else; I just decided to be celibate. It is a choice now."

After the breakup, Eva left her job at Walgreens and went on disability due to her MS. "I never wanted to be a manager (anyway). Being in the union was better because we received good benefits. I receive a small pension but best of all, a great deal on my MS drugs." To counter MS and aging effects on her body, Eva does a regular fitness program of yoga and physical exercise three times a week. "The strength of my legs is important, so I work on them a lot."

Becoming an active member of a community has been essential. According to Eva, for many years, "I kept hearing about the women's community but I never found it." Then, about twelve years ago, she joined Metropolitan Community Church. "Now I've begun to understand what a community can really mean for me. I've made some really nice friends there and usually go to three events a week at the church. Eva is "also part of their Care Team, which offers physical and spiritual care to its congregation. "If you need someone to pray for

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for you, or just talk to you, we do that. This is not the support I received as a woman at any point in my life; The community of MCC was the first place.”

As a volunteer at Openhouse, Eva has a particular interest in the Laguna Honda Friendly Visitors Program which offers monthly group events for gay and lesbian hospital-bound elders. Says Eva: “It is really important to them, and to me too. The program has made me very happy. Providing company and cookies may be all we can do, but we know that the patients look to our visits as so much more.”

Eva feels that volunteering is a two-way street: “I force myself out” she says, “because I know I would get into a very depressed state without having somewhere to go, spending time with other people, or being involved at church. Friends pass on or move away, so it’s good to meet younger people and engage with them. I volunteer at the games group on Saturday mornings (too). It’s such a diverse collection of people and just really nice.”

There is some sadness in Eva’s family life as, she said, “At this point, my daughter and granddaughter don’t speak to me. We had a close family life before my granddaughter knew I was gay. She got upset and won’t talk about it and neither will the rest of the family. I do occasionally talk to my grandson who is in the army. He got shot in Afghanistan recently but he’s home now because he’s missing part of his left lung and has had a couple of concussions. Eva is hoping that the family will resolve its issues at some point and, in the meantime, pays loving attention to those lives she encounters elsewhere.

A great animal lover, Eva’s adopted dog Goldie died recently. The little Pomeranian had become a favorite visitor with everyone at the Games Group and the Art Group on Saturday mornings. While not planning to replace Goldie immediately, Eva supplements her fixed income by dog sitting for friends. “It’s a great help,” she says. “I wish I had thought of being involved with animals much earlier in my life because it is so satisfying”.

Interview by Emerald O’Leary

“Midnight in Paris” Movie Review

After squeezing Manhattan dry for a number of decades, Woody Allen chose to see what new intellectual pasture he could plow abroad. In London he gave us the superb “Match Point” among other winners. There are also those among us old enough to remember classics like Annie Hall, The Purple Rose of Cairo, Radio Days, Hannah and Her Sisters, and Stardust Memories. Finally, I’m happy to report, he went to Paris and got caught up in a delightful web of charm, hallucination and nostalgia, taking us eagerly with him.

Actor Owen Wilson is a splendid substitute for the younger and more delusional Woody as he discovers a city that never really existed except in his mind. That’s where he slips into a shimmering Paris during an era we used to call the Roaring Twenties, except that now they’re just purring. Happily, we tag right along with him. This is when we learn there really was an Ernest Hemmingway, a Gertrude Stein, a Zelda, an F. Scott Fitzgerald, a Pablo Picasso and a Salvador Dali. As it happens, our hero is an Hollywood screenwriter on a trip with his fiancé, played testily by Rachel McAdams who wants to know where he goes every night as the clock strikes 12. His wide-eyed answers convince her that she may have picked a lemon.

If the function of most movies is to provide escape for its viewers, this one fills the bill more convincingly than any others I can remember. To many people who have **not** been there, Paris is just a state of mind, or the backdrop for hundreds of old-time cinematic romances. This of Casablanca at the end when Bogart says to Bergman, “We’ll always have Paris,” then skips merrily along into the sunset with Claude Rains. Speaking for myself, during my own trip to Paris when I was a tender 69, I was moved to tears by some of the iconic sights. The atmosphere alone could get me misty-eyed, especially when it was raining. In Paris, that’s called romantic precipitation.

All this reminds me of an old quotation by the late San Francisco columnist, Herb Caen. He said, “The typical San Franciscan has been to Paris, but has never visited Alcatraz.” So go already, to Paris, I mean, not Alcatraz, and you’ll find that San Francisco isn’t the only Paradise on Earth.

Review by Norman Singer

Interested in seeing “Midnight in Paris?” Call Openhouse and we’ll check for show times and group rates.

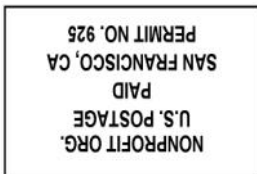
Sonoma Coast Outing: Thursday, October 27, 2011.



Join LGBT friends and newcomers for a beautiful day on the Sonoma Coast. Activity begins around 9:45 and includes a three course Luncheon at the famous Tides Restaurant in Bodega Bay, a drive-by of the Schoolhouse used in Hitchcock’s “The Birds”, and a photo opportunity at Jenner (near the mouth of the Russian River). The tour finishes with an optional walk at Armstrong Redwoods Park near Guerneville before returning to SF around 5 PM. Points of interest will be interpreted by your expert guide and historian, Bruce Thompson. Fairley Parson will also attend. Rainy day options will make this a beautiful trip, rain or shine.

Cost: \$55 per person. A nonrefundable \$25 deposit is due in the Openhouse Office by Monday October 10th, with the balance due on or before the day of the trip. Please send deposit or payment in full to Openhouse at 870 Market St, Suite #458, San Francisco, CA 94102 ATTENTION: Matthew Cimino. Please include your daytime phone number with your deposit. SPACE IS LIMITED.

Return Service Requested



San Francisco, CA 94102
870 Market Street, Suite 458



WOMEN ARTISTS' GALLERY VISIT

Join Openhouse for a trip to San Francisco's only Women's art gallery. The "Sketch Club" was established in 1887 as an independent group of women artists who met to share and critique one another's work. After a name change, the "San Francisco Women Artists" (SFWA) became a non-profit organization in 1946. The gallery hosts a new juried show every month. This month's exhibit, "A Celebration of Life," is in collaboration with the Jewish Home of San Francisco and boasts over 40 artists from SFWA and the Jewish Home.

We will meet at the gallery on **Friday September 16th at 2 PM: 3489 Sacramento Street**. Bus lines: #1 California or #2 Clement from downtown San Francisco. For more information, check out <http://sfwomenartists.org/> or call Openhouse, X16.

Interested in Meditation?

As you may know, meditation has been shown to be good for everything from chronic pain to decreasing depression. Openhouse is working to secure a location for an upcoming (October) free Vipassana Meditation Class. No experience necessary. Instructor David Lewis has practiced for many years with the Gay Buddhist Fellowship and will offer this non-denominational course in mindfulness practice. Call 415-296-8995 X16 for more information or to get on our interest list.

Caring Connections Information Night Wednesday, September 7, 2011 at 6:30 PM At the SF LGBT Center, 1800 Market Street



Openhouse is recruiting new volunteers who would like to be friendly visitors in our Caring Connections Friendly Visitor Program. Openhouse strives to ensure that today's LGBT older adults can age with grace, dignity, and respect in their community. Becoming a volunteer doesn't require a professional background. Openhouse will provide a day-long training and ongoing support. Volunteers provide companionship, and active listening two times a month. Assignments are scheduled in homes, assisted living facilities, and at community centers. If you are interested please contact Ellyn Bloomfield (415) 296-8995 x13 to request an application, or contact her by e-mail: ellyn@openhouse-sf.org

Caring Connections Volunteers: Meet on Saturday, September 24th at 10 AM

All trained friendly visitor volunteers - please mark your calendar for meeting and check-in on Saturday, September 24th, at the LGBT Center at 10 AM. For more information, please contact Ellyn at 296-8995x13 or by email at ellyn@openhouse-sf.org. See you there!