



SENIOR Wingspan's Elder Voice FORUM

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July/Aug 2010

Funding by Arizona Governor's
Office for Children, Youth and
Families Division for Women and
Wingspan Anti-Violence Program

430 East 7th Street, Tucson, AZ 85705 — 520-624-1779 — www.wingspan.org

Michael and Rick's 4 bits



The summer months are here and the monsoon has yet to arrive in the Old Pueblo with any significant presence. I'm hoping that just saying that and/or washing my car will bring the rain.

Our newsletter is combining the months of July and August since the summer brings a general slowdown of group events in favor of vacations and other summertime activities. The early part of July is an extended holiday for many people and there wasn't much happening until later in the month. For that reason we're offering an issue that fills out the rest of the hot weather time and gives a "heads up" for some of the events and activities in the upcoming weeks.

LGBT Seniors and Violence

The common image of the gay community portrayed in the media is of the middle-class, young, lesbian, gay, bisexual and transgender people. But there is a growing number of this demographic group that is often ignored: LGBT elders.

Because of this entire population being overlooked, some dangers are surfacing for LGBT elders. We recognize that LGBT elders face similar threats that their younger counterparts face, but in some strikingly different ways. Elders that are living in assisted living homes can sometimes be denied access to their partners or even denied access to gender appropriate

facilities. Some seniors feel so isolated or discriminated against by family, institutions, or society that they go back in the closet. Even still, some seniors never get to be completely "out" because of the fear of this isolation or discrimination. It is also important to mention that although some forms of abuse toward elders can be less obvious or more discreet, there is still the threat of physical violence. Domestic violence or intimate partner abuse does not cease at a particular age. Some of the calls we receive on the crisis line are from seniors that have been surviving in an abusive relationship for years and are just now learning that services are available.

This is why the community education piece of the Anti-Violence Programs is so crucial. Not only are we able to inform social services agencies of the appropriate ways to work with all people of all ages, but we are able to inform the community about the services that we provide and the resources that are available. The Wingspan Anti-Violence Programs offers LGBT inclusive support and advocacy to survivors of violence through a 24-hour crisis line: 1-800-553-9387 or 520-624-0348. Survivors can also meet with an advocate during our walk-in hours, Monday through Friday, 11 a.m. to 2 p.m. at the center (430 E. 7th St.).

Field Trip to the Postal History Foundation on FRI 30JUL at 10AM!

A special guided tour has been set up just for WSP members with The Postal History Foundation. Staffed mostly by volunteers,

continued on next page

Postal History from pg 1

the foundation is a 501(c)(3) non-profit dedicated to education and research on stamps and postal history. Besides touring the processing rooms filled with millions of



stamps and exhibitions, you will see an authentic old Naco Post Office from the 1890s!

Collectors are welcome to purchase recent commemoratives at their Philatelic Station Post Office. If time allows, we might even get to see an extensive Civil

War collection in the adjoining library.

Free Parking is provided in the back of the foundation located at 920 N. 1st. Avenue near the UA Main Gate Square area. Admission is free but donations or gifts of stamps are welcomed! An optional "no host" luncheon at a nearby restaurant afterwards is a possibility. For more information visit www.postalhistoryfoundation.org.

See you there!

And while we're on the subject of the Post Office...:

Join a letter writing campaign to create a Commemorative U.S. Postage stamp in honor of Harvey Milk! Please write to:

Citizens' Stamp Advisory Committee
C/O Stamp Development
U.S. Postal Service
1735 North Lynn Street, Suite 5013
Arlington, VA 22209-6432

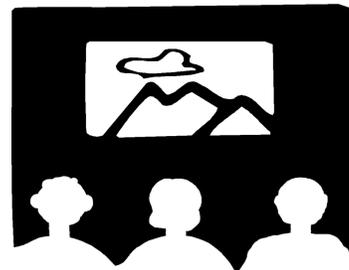
This stamp would serve to further remind Americans that by honoring Harvey Milk, you honor a true American Hero and Champion of Civil Rights for all people.

For additional information on the Harvey Milk National Stamp Campaign and/or a sample letter please send an e-mail to harveymilkstampdir@cox.net.

Please get your friends, family and colleagues to help in this effort, which is co-sponsored nationally by NGLTF.

Documentary: Out in the Silence

When Joe Wilson and Dean Hamer married in Washington, D.C., Joe placed a wedding announcement in his hometown newspaper of Oil Town, Pennsylvania. The negative, ugly responses were numerous. However, Kathy Springer, the desperate mother of C.J., a fifteen-year-old professed gay, also wrote, imploring Joe to help her son, who was being tormented at school and ostracized by the community. This is the story of what happened when Joe and Dean filmed the challenges of those deemed different by the majority, and the transformation that can occur when conservative, traditional people accustomed to keeping silent, break it in an attempt to create understanding, acceptance, good will, and peace for themselves and their community.



More information can be found online at <http://www.wpsu.org/outinthesilence>.

As Joe and Dean's website states, "LET'S GO WHERE THE SILENCE IS AND SAY SOMETHING!!!"

This documentary is part of the Now Showing at Your Library Series. Two showings have been scheduled to accommodate daytime or evening patrons.

When:

Thursday, August 5, 2010 from 6:00 P.M. to 8:00 P.M.

Saturday, September 25, 2010 from 2:00 P.M. to 4:00 P.M.

Where:

Himmel Park Library – Large Meeting Room
1035 North Treat Avenue
Tucson, Arizona 85716
520-594-5305, Ext. 3

State Museum Tour in August

Merlin Spillers has recently become a docent at the State Museum on the university campus. He will lead a Senior Pride tour of the museum on Saturday, August 21, at 3 pm. Generally the museum charges \$5 per person but members of this tour will get in for free. This museum features Indian arts, and the tour will cover some of the permanent exhibit that shows different tribes in Arizona. It will take about a half hour or a bit longer. Anyone interested can call Merlin at 207-5336.

Senior Services Events

WHAT? Huh?

How many times have we heard this response from someone with whom we're having a conversation? How many times have we responded with these words? As we age, our ability to hear diminishes. This condition is called presbycusis. It is the result of deterioration of the sensorineural apparatus in our inner ear. Typically higher-pitch sounds are the first to be affected. On average, there is a 7-year delay in individuals between their first noticing hearing loss and getting treated. Seven years!



Another cause of diminished hearing is classified as conductive: there is some physical barrier keeping sounds from reaching the sensorineural apparatus in the inner ear. This blockage can be due to a malformed ear canal or the buildup of earwax. We have been told never to insert things into the ear canal (swabs, bobby pins etc.) because of possible injury to the eardrum. Another reason is that these objects can push earwax further into the ear. It is recommended that earwax be removed by medical personnel, either by using fluid or with an instrument designed for this purpose.

The most common treatment for hearing loss is a hearing aid, which basically amplifies

sound to a volume that your ear can detect. Newer models are more advanced and can be programmed to accommodate each individual's needs. Although Medicare will not pay for hearing aids, it does cover the cost of a comprehensive hearing evaluation, which will include a visual exam of the ears, testing with headphones to determine the degree and pattern of hearing loss, and counseling in strategies to deal with hearing loss (hearing aids, communication strategies, hearing conservation). A comprehensive evaluation takes about an hour and costs about \$150 dollars if you're not covered by insurance or Medicare.

Some strategies that can be useful in dealing with hearing loss include:

- Watch the talker's mouth to get visual cues
- "Walk before you talk" - try not to communicate from another room or from too great a distance
- Orient yourself to the topic of conversation
- Talk to others about your hearing loss and ask them to speak more slowly and clearly
- Be aware of your own speech (Do you mumble, speak softly or cover your mouth when speaking?)
- Try to focus on the conversation at hand and not background noises or other conversations taking place around you



Several agencies in Tucson are available to assist with hearing issues:

- Adult Loss of Hearing Association (A.L.O.H.A.)
4001 E. Ft. Lowell (520) 795-9887
- Community Outreach Program for the Deaf (COPD) and Hearing Aid Bank (for low income individuals) 268 W. Adams St. (520) 792-1906
- Tucson Medical Center Audiology (520) 324-6978
- University of Arizona Hearing Clinic (520) 621-7070

Pima Council on Aging (PCOA)

We'd also like to make sure that our readers are aware of the many services provided by the Pima Council on Aging. These are just some of the services offered by this important organization:

✓ PCOA Help Line: Call 790-7262 – for access to the full range of services from Pima Council on Aging.

✓ Medicare/Medigap Insurance Counseling

Get information on Medicare supplemental policies, HMO's, Long Term Care Insurance and also assistance with claims. Call for appointment, 546-2011 (Medicare Information Line)

✓ Elder Rights &

Benefits Assistance Program

Do you have a problem with an agency that provides services to the elderly? Call PCOA Help Line, 790-7262

✓ Caregiver Services

Call 790-7262 for consultations, in person or by phone, for individuals and families to discuss caregiving issues and needs and get help to link with resources and support.

✓ Family Caregiver Lending Library

Pima Council on Aging maintains a video lending library with a wide range of materials about caregiving for viewing by caregivers or small groups. For further information, call PCOA Librarian Melissa Morgan, M.L.S., at (520) 790-0504. Email questions to: mmorgan@pcoa.org

A New Feature

In April we introduced this new idea in the interest of saving money and getting by in these difficult times. The following recipe is the third in a series that we hope will appeal to our readers.

Please feel free to comment and give us feedback if this is something you would like to see continued in the Senior Forum.

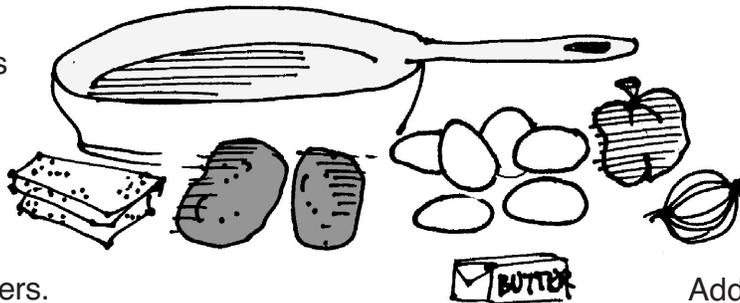
Mike's Victory Meal Recipes #3

Farmer's Breakfast

(Serves 6 @ 52 cents/serving)

Ingredients

1/3 cup chopped onion
1/4 cup minced bell pepper
1/4 cup melted margarine
6 oz. minced ham or Spam
2 medium potatoes (cooked, peeled, cubed)
3/4 teaspoon salt
6 large beaten eggs



Method

In a skillet, saute onion & pepper in margarine for three minutes.

Add ham, potatoes & 1/4

teaspoon salt. Cook over medium heat for 10 minutes. Combine eggs with 2 tablespoons water & remaining salt & a dash of pepper. Pour over ham mixture. Cook over LOW heat, turning occasionally until eggs are set. Trim with parsley.

*Comment:

The purpose of this recipe and those that follow in subsequent columns is to present attractive, inexpensive meals which seek to minimize the high cost of food products. Ingredients are purchased "on sale" and the savings enjoyed contribute significantly to the low cost of the items presented.

Humor Corner

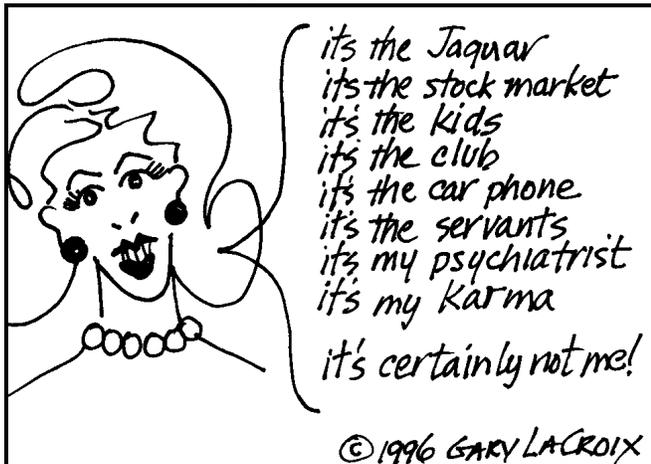
New Exercise Program:

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags.

Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute.

After you feel confident at that level, put a potato in each bag.



Coming together is a beginning.

Keeping together is progress.

Working together is success.

Henry Ford

July & August Events

All events with our logo take place at EON Youth Lounge, 430 E. 7th Street, just across the street from old Wingspan, details on these calendar events. 

Meander in Tucson Meetup Group

List of events for lesbian women
<http://www.meetup.com/MeanderinTucson>

**Tuesday, July 6 and July 20;
August 3 and August 17
(1st and 3rd Tuesdays) 8AM
Adopt a Park Iron Horse
Cleanup**

Iron Horse Park 10th Street
between 3rd and 4th Avenue

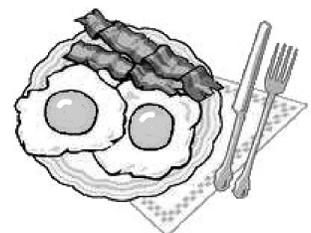


**Tuesday, August 10 (2nd
Tuesday)**

Senior Pride Planning Meeting
2 PM at Himmel Park Library, 1035 N. Treat
Avenue (off Speedway) ph: 594.5305

**Saturday, July 17; August 21
(every 3rd Saturday of the month)
40s and Better Breakfast Group**

A welcoming network of lesbians
Royal Sun Best
Western Restaurant
SW corner of
Speedway and Stone
9:30 - 11:00 AM
Phone contact: Carol
Ehrlich 520-584-0339





430 E. 7th Street
Tucson, AZ 85705

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Perseverance is a great element of success. If you only knock long enough and loud enough at the gate, you are sure to wake up somebody.

Henry Wadsworth Longfellow

**Anyone can give up, it's the easiest thing in the world to do.
But to hold it together when everyone else would understand
if you fell apart, that's true strength.**

Author Unknown

The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.

Martin Luther King Jr

PRINCIPLES ONLY MEAN SOMETHING WHEN YOU STICK TO THEM WHEN IT'S INCONVENIENT.

Author Unknown