



SENIOR FORUM

Wingspan's Elder Voice

Volume 6 Issue 9
September 2010

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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



It's been a good year now since Wingspan went through the worst part of the recession that has had businesses and organizations of every kind scrambling to stay viable and remain active. It also seems like a good time to reflect that Wingspan's programs have all remained viable and active, although somewhat scaled back and operating on somewhat different footing.

Wingspan Senior Pride has successfully maintained its presence due to the great response Penelope Starr had last year when she called for volunteers to step forth in order to keep it going when funding for her position could not be renewed. Our first Senior Forum edition as an all-volunteer effort was the August 2009 newsletter and we have had an unbroken publication schedule ever since. Our thanks go to all of those who have given their time and ideas, their efforts, insights and collective wisdom to Wingspan Senior Pride. We do, however, renew our call for more help and other hands to participate in any way possible. Here, for example, is a short retrospective from MJ Talbot who has contributed his 'Dis N Dat' column in these pages and which underscores our need for others' participation:

Recounting "Dis-N-Dat" from Senior PRIDE Educational Events Sub-Committee ~

Once upon a time, due to grant funding requirements, WSP regularly presented 3 to 4

"educational events" per year. Though we are no longer under this constraint, we have tried to retain this aspect of the programming. Under a totally volunteer driven format (for the past 12 months), some events were met with okay turnouts, while a couple had zero attendance.

During this period, this sub-committee (as are others) was also lacking a co-coordinator, which continues to this date.

Most "educational events" now take place elsewhere due to the limited space and operational hours at Wingspan itself. Coming up in September are two such events:

TUE/21SEP: "Your Home: Good or Bad Investment?"

This is part of the Pima Community College Speaker's Series 2010 to be given by Richard Rosen, J.D., Business Faculty. 6PM at the PCC District Office, 4905 E.

Broadway Blvd. Bldg. C, Community Board Room. Light refreshments will be available. www.pima.edu or 520.206.4500.

SAT/25SEP: "Chinese American History in AZ". Grand Opening of an Exhibition of Chinese American Historic Archives from 1870 - 1945. 8:30AM - 5PM at Tucson Chinese Cultural Center, 1288 W. River Road. Free for TCCC members and students with a \$5 Symposium registration fee for non-members. Dim sum lunch from noon to 1:30PM will be available for \$10 per person. For a registration form or to register by phone, please call 520.292.6900. The Exhibition is in partnership with the AZ Historical Society - Southern Division.

When attending, tell them you are with Wingspan Senior PRIDE!



Two September Events to Benefit TIHAN

Turnabout for TIHAN

"Turnabout for TIHAN" is an annual show put on by some of Tucson's GLBT clubs and their staff. The staff request donations from their friends and customers in order to do a "turn-about" from male to female (or vice versa) and put on a show to benefit the work of TIHAN.

When: Sunday, September 5; 6 pm to 8 pm - doors open at 5 pm

Where: DoubleTree Hotel at Reid Park

\$10 in advance, **\$15** at the door tickets available at Colors, Coyote Moon, IBT, Woody's, and TIHAN

also

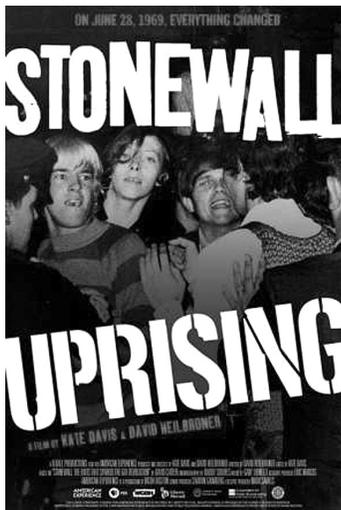
Beer bust at Woody's to benefit TIHAN

When: Sunday, September 19; 2 pm to 7 pm

Where: Woody's, 3710 N. Oracle Road

Stonewall Uprising Playing at the Loft

June 28, 1969: NYC police raid a Greenwich Village Mafia-run gay bar, the Stonewall Inn.



For the first time, patrons refuse to be led into paddy wagons, setting off a 3-day riot that launches the Gay Rights Movement. Told by Stonewall patrons, Village Voice reporters and the cop who led the raid, STONEWALL UPRISING compellingly recalls

the bad old days when psychoanalysts equated homosexuality with mental illness and advised aversion therapy, and even lobotomies; public service announcements

warned youngsters against predatory homosexuals; and police entrapment was rampant. A treasure-trove of archival footage gives life to this all-too-recent reality, a time when Mike Wallace announced on a 1966 CBS Reports: "The average homosexual, if there be such, is promiscuous. He is not interested in, nor capable of, a lasting relationship like that of a heterosexual marriage." At the height of this oppression, the cops raid the Stonewall Inn, triggering nights of pandemonium with tear gas, billy clubs and a small army of tactical police. The rest is history.

Where: The Loft Cinema, 3233 E. Speedway Blvd.

When: Wednesday, September 8, 2010 at 7:30 p.m.

September Lunch Outing

We will meet at Mother Hubbard's Restaurant, 14 W. Grant Rd. (in the shopping center at the intersection of Grant Rd. and Stone Ave.), for lunch at 12 noon on Sunday, September 19. This is a gay-owned restaurant under new ownership, so let's get up a big group of people and give them our business. Their prices are in the low to medium range. Please call Lee and Merlin at 207-5336 by noon on Friday, Sept. 17, so we can let the restaurant know how large a group we will be.

Anti-LGBT Bullying Community Awareness Event

The Wingspan Anti-Violence Programs is facilitating a city-wide Anti-LGBT Bullying Community Awareness Event at 5:30 pm on Thursday, September 23. The event will take place at the Tucson YWCA (525 N. Bonita).

A recent increase in reports of Anti-LGBTQ bullying and harassment at area schools motivated Wingspan advocates and staff to organize the event. The target audiences for the event are affected youth and their

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Anti-LGBT Bullying from page 2

guardians, educators, school administrators and staff, as well as concerned community members.

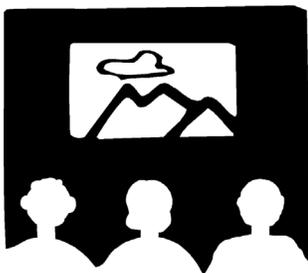
The goal for the event is to raise awareness of this specific type of violence and to gain a commitment from attendees to address this type of violence in their respective schools and campuses. Local advocates and experts will be speaking at the event. Representatives from local organizations working to end violence will be available at a community resource fair held in conjunction with the event.

For more information on the event or to participate in the resource fair, please contact AVP Manager Oscar Jimenez at ojimenez@wingspan.org, or 520-624-1779 Ext. 124.

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. The film was shown in early August and an encore showing has been scheduled to accommodate daytime patrons.

When:

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

Mental Health and Aging

Aging is often considered, in and of itself, to bring about problems with one's mental health. Seniors are presumed to develop certain mental health problems simply because of the aging process, yet approximately 80% of adults over the age of 55 function and age well. This means that they -

- maintain stable intellectual functioning
- sustain positive relationships with others
- remain productively engaged with life
- maintain maximum autonomy by mastering their environment
- engage available strengths to compensate for weaknesses
- possess the capacity for change
- accept the aging self as an active being

Many assume that the most common mental health issues facing seniors is depression, but anxiety disorders are more than twice as prevalent. According to a US Department of Health and Human Services report, anxiety disorders account for 11.4% of problems for those 55 and older. Severe cognitive impairment accounts for 6.6% and depression for 4.4% of problems.

Anxiety disorders include symptoms of racing heart, shortness of breath, trouble sleeping, distress when thinking about or facing certain situations,

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fear of being trapped, fear of having a panic attack, fear that something bad will happen or fear of dying. Contributing factors to anxiety can be losses in one's life such as family members, friends, a job, finances, housing or physical functioning (hearing or vision). Some symptoms can be caused by or made worse by certain medications.

These disorders are real, serious, and most importantly, treatable. Consult a physician if you experience any of these symptoms and get help to alleviate them.

Depression is another treatable mental health problem which is not a normal part of aging. Symptoms include persistent sadness or empty mood; sleeping too much or too little; withdrawal from regular social activities; pacing and fidgeting; feeling worthless or helpless; changes in weight or appearance;

frequent tearfulness; difficulty concentrating, focusing or making decisions; feeling slowed down or drained; and thoughts of suicide. Depression has many causes. Some illnesses can bring on depression or symptoms, as can some medications. Often environmental factors can lead to depression (losses, disappointments, weather). There are many medications and strategies to deal with depression, so don't just assume that it is something that is part of growing older and should just be tolerated. Also be aware that many people "self-medicate" with alcohol, prescription drugs, illegal drugs and risky behavior such as gambling and unsafe sex (did you know that sexually transmitted disease is a growing problem for seniors?)

Growing old may not be for sissies, but that doesn't mean we have to do it all on our own.

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September Recipe

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 fourth 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. We've had one very positive response to this feature so far, but we invite everyone to chime in, pro or con.

Mike's Victory Meal Recipes #4

Salmon Tetrizzini

(Serves 6 @ 65 cents/serving)

Ingredients:

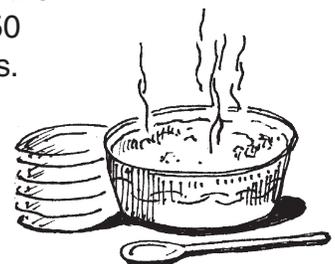
4oz uncooked spaghetti	1# canned salmon
1 1/2 c milk (approx.)	2 T margarine
2 T all-purpose flour	1/4 t salt
dash nutmeg	2 T dry sherry
3 oz can sliced mushrooms	2 T fine dry breadcrumbs
2 T grated Parmesan	

Method

Drain salmon in colander reserving juices. Pick over salmon; removing all bones & skin. Cook & drain spaghetti. Add milk to salmon liquid to make 2 cups. Break salmon into large chunks. Melt margarine & blend in flour, salt, dash of pepper & dash of nutmeg. Cook, stirring, over medium heat until thick & bubbly. Add sherry. Stir in spaghetti, mushrooms & salmon. Turn into a one quart casserole. Combine crumbs & Parmesan cheese. Sprinkle atop the casserole. Bake @ 350 degrees for 35-45 mins.

*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.



Mental Health... from page 4

Get some help if you're having mental health problems. Talk to your doctor, reach out to friends, find a support group, record your thoughts and feelings in a journal, keep active physically, become a volunteer, spend some time in nature, meditate or pray, find a phone buddy to talk to every day.

If you are having difficulties and need assistance, there are many agencies that can

provide help. Pima Council and Aging has a Helpline where you can get referrals to services in Pima County. They can be reached at (520) 790-7262. Information and Referral Helpline of Our Family Services (520) 323-1708 can also direct you to resources in the community.

(This information comes from a presentation given by Tucson Medical Center Senior Services)

Humor Corner

A lady goes to the bar on a cruise ship and orders a Scotch with two drops of water. As the bartender gives her the drink she says, 'I'm on this cruise to celebrate my 80th birthday and it's today.'



The bartender says, 'Well, since it's your birthday, I'll buy you a drink. In fact, this one is on me.'

As the woman finishes her drink, the woman to her right says, 'I would like to buy you a drink, too.'

The old woman says, 'Thank you. Bartender, I want a Scotch with two drops of water.'

'Coming up,' says the bartender.

As she finishes that drink, the man to her left says, 'I would like to buy you one, too.'

The old woman says, 'Thank you. Bartender, I want another Scotch with two drops of water.'

'Coming right up,' the bartender says. As he gives her the drink, he says, 'Ma'am, I'm dying of curiosity. Why the Scotch with only two drops of water?'

The old woman replies, 'Sonny, when you're my age, you've learned how to hold your liquor. Holding your water, however, is a whole other issue.'

September 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, September 7 and September 21
(1st and 3rd Tuesdays) 8AM

Adopt a Park Iron Horse Cleanup

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

Tuesday, September 14 (2nd Tuesday)

Senior Pride Planning Meeting

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



Saturday, September 18

(every 3rd Saturday of the month)

40s and Better Breakfast Group

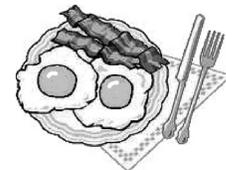
A welcoming network of lesbians.

Royal Sun Best Western

Restaurant

SW corner of Speedway and
Stone, 9:30 - 11:00 AM

Phone contact: Carol Ehrlich
520-584-0339



Sunday, September 19

Lunch Outing at Mother Hubbard's
Restaurant (see details page 2)



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Tucson, AZ 85705

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**Political convulsions, like geological upheavings,
usher in new epochs of the world's progress.** Wendell Phillips

*The reasonable man adapts himself to the world; the unreasonable one
persists in trying to adapt the world to himself. Therefore, all
progress depends on the unreasonable man.* George Bernard Shaw

All that is human must retrograde if it does not advance.
Edward Gibbon

**The human mind always makes progress,
but it is a progress in spirals.**

Madame de Stael

If I were required to guess off-hand, and without collusion with
higher minds, what is the bottom cause of the amazing material and
intellectual advancement of the last fifty years, I should guess that it
was the modern-born and previously non-existent disposition on the
part of men to believe that a new idea can have value. Mark Twain