



# SENIOR FORUM

Wingspan's Elder Voice

Volume 7 Issue 3  
March 2011

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Wingspan Anti-Violence Program

430 East 7th Street, Tucson, AZ 85705 — 520-624-1779 — [www.wingspan.org](http://www.wingspan.org)

## Michael and Rick's 4 bits



Trusting that our unseasonable, record-breaking cold weather is now behind us, Wingspan Senior Pride is getting ready to welcome the spring season into Arizona and hoping to see some of our number stepping out into some of our upcoming activities. But we would always welcome more



participation from our readers to brainstorm new ideas and share your thoughts as to how to enrich our lives through social, educational and helpful assistance.

We'd also like to extend thanks to everyone who has continued to assist Wingspan Senior Pride throughout the last year and a half since Senior Pride became an all-volunteer supported part of the Wingspan family of programs. Last year we lost a valued partner in this effort when Maurice Grossman was taken from our midst, but his spirit and valued contributions live on in the work that all of us are carrying on.

The month of March brings a new awakening in more than just the weather - it's a time of new beginnings in many ways. We're thinking of the events of January 8 and giving thanks for the news of Rep. Gabrielle Giffords ongoing recovery, hoping against hope that this will indeed spark a new beginning in our public discourses - political, religious and social. May we all do our part to bring about the healing we all need.

## Parkinson's Update for People with Parkinson's Disease and Their Caregivers

This special presentation takes place Saturday,, March 5th from 10AM to noon at the Tucson Medical Center Marshall Conference Center, 5301 E. Grant Rd. Please call 324-1960 to register for this event.



## Get the Volunteer Spirit

Wingspan's next volunteer orientation will take place Monday, March 7th from 5:30 to 7PM at Wingspan, 430 E. 7th St., one block south of 6th St. and one-half block east of 4th Ave. If you've thought about volunteering in some capacity at Wingspan or are curious about ways to contribute to your community center, come learn about how you can participate. Contact Jim at [www.jhohman@wingspan.org](mailto:www.jhohman@wingspan.org) for more info or to sign up, or just drop in.

## An Opportunity for Seniors

Recently I discovered that once a month SAGA and PFLAG members put on a dinner for EON youth once a month at Wingspan. This is of special interest to me as I would very much like to see the various parts of the LGBT community come together more. This happens all too rarely. Last month Lee and I attended and helped, and it was a heartwarming experience.

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## from pg 1 **An Opportunity for Seniors**

We not only took food and helped serve it, but ate with everyone and had a bit of a "go-round" in talking. We will most definitely continue to do this and we are thinking that it would be great if Senior Pride members would also become involved. What could be better than the senior members and youthful members of our community - our family - coming together? We are really hoping that enough Senior Pride members will become involved so that we could host a second dinner for the EON youth at a different time of the month. Remember, a lot of these young people are homeless. Think what it must mean to them to see other members of our community come forth to help them in this way.

About 60 seniors showed up recently at Wingspan's open house for seniors to find out about help they might receive. Now, will some of you come forth once or twice a month to help others in our community?

These dinners are held on the third Wednesday of the month at Wingspan. Those willing to help and take food generally arrive no later than 4:15. A list of foods that will be brought and what is still needed is sent out to those who inquire. You can find out more information if you'd like by sending a message to Victoria at [vallvx@yahoo.com](mailto:vallvx@yahoo.com). You can also call me at 207-5336. I hope to see you there!!

Merlin Spillers

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### **More from Merlin**

I've been surprised to find how many seniors don't know about OASIS classes. It's a volunteer-run organization that gives all kinds of classes to people 50 and over. Some classes meet only one or two times while others are weekly for various periods of time. The courses offered are quite varied, as they have a class in whatever someone is willing to teach. Costs are minimal - looking through their catalog the only classes I see that are as high as \$50 are some that go out

of town for something special. Classes are under these headings: Arts; Computers; Health and Fitness; Humanities; Personal, Practical and Fun; Science; and Special Events.

Some examples of their classes that Lee and I have taken are ballet, sing-along, saguaro cacti, a class on the Tohono O'odham, Tai Chi and German conversation.

OASIS is located at 2099 E. River Road. This is one block east of Campbell, on the north side. They are in back of the Junior League building. While most classes are there, they have classes in various locations throughout Tucson.

To find out more about OASIS and to receive their catalog, call 322-5607 or 322-5627. You can also find them on the internet by searching for (Google or other search engine) "Tucson Oasis".

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## **2011 Asian American Pacific Islander Conference 3/19/11** (save the date)

### **"Reach, Inspire, Connect"**

Saturday, March 19, 2011  
7:30 a.m. to 2 p.m.

Pima Community College West Campus,  
2202 W. Anklam Road, Tucson

Keynote luncheon speaker Rear Admiral  
Colin G. Chinn, Medical Corps, US Navy  
Director - Tricare West

Workshops: special youth track, hands-on  
computer lab on the AAPI Census,  
Leadership Education for Asian Pacifics  
(LEAP) overview, new AZ AAPI Health  
Coalition, immigration, anti-Asian sentiment,  
mixed race, growing up Asian, employment,  
and more.

\$40 registration fee up to 3/11/11,  
thereafter \$50; students (high school &  
college) \$10, includes breakfast snack,  
workshops & lunch

See: [www.panasiancommunityalliance.org](http://www.panasiancommunityalliance.org),  
or call Dorothy Lew at 520-512-0144, or email  
[info@panasiancommunityalliance.org](mailto:info@panasiancommunityalliance.org).

## OLDER MENS' SUPPORT GROUP IN PHOENIX

Wingspan Senior Pride received the following message on the Senior Pride Yahoo Group a while back and we offer it here for your information should you or anyone you know be interested:

For your information, the 1-Voice Community Center in Phoenix sponsors a group similar to your Senior Pride, which meets biweekly at the Center there. In case any of you get up to Phoenix, or if you have friends there whom you feel can benefit by such a group, let me give you the basic info.

The Older Gay Men's Support Group (previously dubbed "Sexy & Silver") is a safe space for gay or bisexual men 50+ to discuss issues regarding aging and being a senior gay man. It meets EVERY OTHER Thursday morning at 9:00 AM (till about 10:30 AM) at the 1-Voice Community Center, 725 W Indian School Rd. in Phoenix. The next meeting will be Thursday, March 3rd, followed by March 17th, March 31st, etc.

This is NOT a social group (We have a PrimeTimers group that satisfies that function), but a support group for men who want to discuss concerns such as ageism in the gay community, isolation and loneliness, homophobia (both external and internalized) and remaining closeted, religious bigotry, health issues and assisted living concerns, changes in what we now seek in a relationship, issues with family members, depression, and growing apathy in the gay community. The group is facilitated by Dr. Michael Peck, a counselor and psychotherapist with extensive experience in gay seniors' issues.

The group is private and confidential, meeting during the hours that the Center is closed to the general public. You can be assured that, like it says in the ads for Las Vegas, "what happens in group STAYS in group." There is no cost, and the space is donated free of charge by the Center.

Why not make a New Years' resolution to get out every other week, come to the group, and talk about things that concern you, with a diverse group of your peers who understand and can offer their own perspectives as well? You can simply show up at the group any day it meets. Or, if you would like e-mail reminders two days before, join the Yahoo group I maintain for the group, by going to: <http://health.groups.yahoo.com/group/PhxGSNSG>, OR ... send me an e-mail at "bigbearphx @ yahoo . com" (delete the quotes and the spaces between the words, which I have to do to keep Yahoo from truncating it in this group) and I'll send you a link that will allow you to join simply by clicking on it.

<b>March 2011</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		<b>1</b> Iron Horse Park Cleanup 9:00 AM  TMC Presentation 10:00 - 11:00 AM	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Parkinson' Disease Update TMC Marshall Center, 5301 E. Grant Rd. 10:00 - Noon
<b>6</b>	<b>7</b>	<b>8</b> Wingspan Senior Pride Meeting Himmel Library 2:00 PM	<b>9</b>	<b>10</b> TMC Presentations Palliative Care 8:30 - 10:00 AM  Knees and Joints 5:30 - 6:30 PM	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> Iron Horse Park Cleanup 9:00 AM  TMC Presentation 9:00 - 10:30 AM	<b>16</b> TMC Presentation Exercise & Brain Change 9:00 - 10:30 AM	<b>17</b> St. Patrick's Day	<b>18</b>	<b>19</b> 40s and Better Breakfast Group Royal Sun Best Western Restaurant 9:30 – 11:00 am
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

Due to space limitations in the calendar, see the newsletter itself for complete information for some activities.

## May the Force be with You - Qigong for Seniors: A Fit for Life 50+ Program

Qigong (or Chi Kung), meaning prana force, is a practice and philosophy of aligning breath, physical activity and awareness to foster mental, spiritual and bodily health. Instructor and Master of Martial Arts Sifu Aaron Williams from A-Longs Kung Fu Academy teaches Qigong for flexibility and strength. Himmel Park Library, 1035 North Treat Avenue in Tucson will host a series of 2 free classes on Wednesdays, March 2nd and 9th from 2 to 3PM teaching the basics of Qigong for seniors 50 and older. Class is limited to 18 participants. Call 594-5305 ext.3 to sign up.

### TMC Events of Interest

Tucson Medical Center Senior Services is offering the following classes in March at their facility at 1400 N. Wilmot Rd. Please call 324-4345 to register for these free presentations.

#### Tuesday March 1st, 10 to 11AM -

**Passages:** Facing the fears by demystifying the dying process

#### Thursday March 10th, 8:30 to 10AM -

**Palliative care update:** Get the latest info on the treatment of pain, discomfort and stress that can occur with severe or life-threatening illness

#### Thursday March 10th, 5:30 to 6:30PM -

**Knees in motion:** Osteoarthritis and the latest advances in joint replacement

#### Tuesday March 15th, 9 to 10:30AM -

**Epilepsy in older adults**

#### Wednesday March 16th, 9 to 10:30AM -

**Exercise and brain change:** Discussion of how to exercise to challenge your body and brain

### Some Advance Notice - Come Have the Time of Your Life

Wingspan will hold a Prom for all ages May 21st entitled "Time of My Life". Time and place have not yet been finalized, but save the date. Updates will appear in future Forums, E-weeklies and on the Wingspan website.

## March Recipe (still more from Merlin) Merlin's Home-Made Ice Cream (a family recipe)

6 eggs	3 eggs
2 cups sugar	1 3/4 cups Splenda
2 quarts half & half (Fill on up with whole milk if needed)	2 cups whipping cream
1 Tbsp vanilla	1 pint half & half (Top with whole milk)
1 Tbsp lemon extract	2 1/2 Tbsp vanilla
	1/4 tsp salt

makes one gallon

And here's another one that's sugar free, but it's every bit as delicious as the other.



makes  
three  
quarts

## March Events

### Meander in Tucson Meetup Group

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

#### Tuesday, March 1 & March 15

(1st and 3rd Tuesdays) 9AM

#### Adopt a Park Iron Horse Cleanup

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



#### Tuesday, March 8 (2nd Tuesday)

#### Senior Pride Planning Meeting

2 PM at Himmel Park Library, 1035 N.

Treat Avenue (off Speedway) ph: 594.5305

#### Saturday, March 19

(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





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Tucson, AZ 85705

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A healthy attitude is contagious but don't wait to catch it  
from others. Be a carrier.

Tom Stoppard

**Cheerfulness is the best promoter of health and is as  
friendly to the mind as to the body.**

Joseph Addison

I HAVE THE BODY OF AN EIGHTEEN YEAR OLD. I KEEP IT IN THE FRIDGE.

Spike Milligan

Man needs difficulties; they are necessary for health.

Carl Jung

**Liberty is to the collective body, what health is to every individual body.  
Without health no pleasure can be tasted by man; without liberty, no  
happiness can be enjoyed by society.**

Henry St. John