



# SENIOR FORUM

Wingspan's Elder Voice

Volume 7 Issue 4  
April 2011

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



As usual, we have either too much information for our newsletter or too little. So in the interests of space-saving we're going to be brief and let the information speak for itself. Some of it you may already have seen in the Wingspan e-news or in some other publication, but we want to make sure our senior community knows about everything that matters.

The only other thing we might mention is "WELCOME, SPRING" after an abnormally cold spell of weather here in Tucson. The returning warmth will feel pretty good even though we know it will soon be going to the other extreme.

space in the same building with additional hours ( 1AM to 5PM) to serve clients and provide information and referrals to the general public. If you didn't make it to the Open House, come down and check it all out during regular hours.

## Maurice Grossman Memorialized

Outside Wingspan is something new, too: the Maurice Grossman Memorial Bike Rack, designed and fashioned by Angie Perry, at right in the picture. Angie is from BICAS (Bicycle Inter-Community Art and Salvage), a nonprofit community-run education and recycling center for bicycles at 44 W. Sixth St.

The materials she used - two bike rims and a road flasher - were found by Phoenix Wheeler, left in picture, in the wash at Iron Horse Park, which is just a few blocks south of Wingspan. Among his many contributions to the Tucson communities in which he lived (art,

politics, Wingspan, to name just a few), Maurice served on the cleanup committee for the wash, through Wingspan Senior Pride, and Phoenix thought this would be a fitting way to remember him. Angie came over Tuesday, March 8, and installed the bike rack outside the community center.

## Community Center Makeover

Wingspan now has a new look! An anonymous donor provided furniture, bookshelves and wall and ceiling treatments to give Wingspan a makeover. No more collapsible seating! An Open House takes place on Tuesday, March 29th from 5 to 7PM (sorry, but we couldn't get the word out sooner in the Forum). Also, the Anti-Violence Project office has expanded into a front office



## Baim on Obama

Tracy Baim, publisher and executive director of The Windy City Media Group (publisher of the Windy City Times) and author of the book "Obama and the Gays : A Political Marriage", will speak on Tuesday April 5th at 5:30PM in the Lower Level of the Joel Valdez Main Library in downtown Tucson, 101 N. Stone Ave. This is a free event open to all and is sponsored by Wingspan and the University of Arizona Institute for LGBT Studies. Parking is available in the underground garage (enter on Alameda St. between Stone and Church) and is free after 5PM!

Hear Tracy discuss Obama's views and policy statements regarding the LGBT community from his early years in politics to the present, including Don't Ask Don't Tell (DADT), the Defense of Marriage Act (DOMA), and the Employment Non-Discrimination Act (ENDA). Don't just sit around the house in front of the TV or computer, come get informed about these important issues facing our community.

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## Shining at Night

The Third Annual Let It Shine! rally, hosted by the Wingspan Anti-Violence and Youth and Family Programs, is happening on Friday, April 8th at Wingspan.

A resource fair from 6 to 7PM will provide information and referral services from local organizations serving youth and the evening's program of speakers, youth stories, performances and music takes place from 7 to 8:30PM. The event is open to youth and community members interested in a safer environment for all youth.

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## Upcoming COSCO Presentations

The Council of Senior Citizen Organizations/COSCO presents the following sessions at the TMC Senior Services at the

El Dorado Health Campus, 1400 N. Wilmot Road:

### 14 APR/THUR 1-3PM

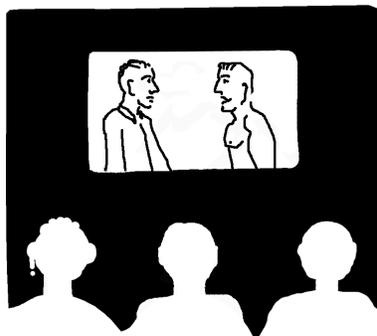
Planning for Your Care Needs  
Selecting the appropriate level of care  
Choosing a facility  
What are the levels of care?  
What to do if you don't have a family caregiver?

### 12 MAY/THUR 1-3PM

End of Life  
What you and your family need to know to control, take responsibility for and minimize stress when facing the inevitable end.

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## Re-Visiting "The Boys" (in the Band) at the Loft



"The Boys in the Band", an Off-Broadway play first performed in 1968, was made into a movie in 1970, with the playwright Mart Crowley writing

the screenplay and William Friedkin ("The Exorcist") directing. It was one of the first major American films dealing with gay characters. A documentary "Making the Boys", about the filming of the movie, features footage from the period, interviews with the playwright, director and various luminaries (Tony Kushner, Dominick Dunne, Dan Savage), and stories about the careers of the original cast members. There will be a one-time only screening of "Making the Boys" on Wednesday April 13th at 7:30PM at the Loft Cinema, 3233 E. Speedway just east of Country Club. Regular admission prices apply (\$9 adult, \$6 seniors 65+, students and military \$7 and Loft members \$5).

## I'll Have "The Time of My Life"

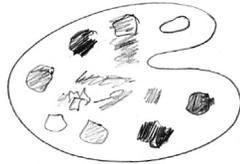
Wingspan is hosting a prom for all adults Saturday May 21st with the theme "The Time of My Life". The event will take place in the evening at the Toole Warehouse on Toole Ave. near the 6th Avenue underpass. More details to follow in the May Senior Forum and online in the e-news.



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## The Next "Colorful Life" Series Event

On Saturday, April 23, at 2 PM, there will be another Colorful Life presentation. Don Sullivan, who was instrumental in the beginnings of Wingspan, will talk. This will be at Ward 6, 3202 E. 1st Street. If you're not familiar with these, the Colorful Life is a series of presentations by elder members of our community who have led especially active and interesting lives.



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## Desert Voices Presents Aquarius: the Sixties

The 1960s – a decade of phenomenal and turbulent change in America. As the enforced conformity of the fifties gave way to a radically different American landscape, the decade began with the hopes and inspiration of a young, vibrant new president. Sadly, all too soon his assassination would keep us fixated on the news of his death for days and leave us with an insecurity we could not shake. It was a decade of turmoil, war protests, acid rock, peace marches, psychedelics, and the 'Summer of Love'.

Desert Voices, under the artistic direction of Chris Tackett, invites you to join us for Aquarius: the Sixties, a magical mystery tour back to the counter culture, as we explore the pervading changes that surrounded our lives – in fashion, television, politics, and of course, music.

Aquarius: the Sixties will feature some of the most memorable music of the day - music that connected with the feelings of uncertainty, dissatisfaction and non-conformity, and the growing awareness of diversity – racial, political, and surrounding sexual identity.

Performances of Aquarius: the Sixties will be held on Saturday, April 30 at 7:30 pm and Sunday, May 1 at 3:00 pm at the

Proscenium Theatre, Center for the Arts, Pima Community College West Campus, 2202 W. Anklam Road, Tucson.

Tickets are \$15 each or 2 for \$25 and may be purchased by phone (520-791-9662), on line at [www.desertvoices.org](http://www.desertvoices.org) (click on Events and follow the prompt), and at Antigone Bookstore on 4th Avenue. (Discounts are available for groups of 8 or more – more information available 520-791-9662.)



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## Senior Pride at the Tucson Art Museum

Senior Pride members will meet at the Tucson Art Museum at 1 pm on Sunday, April 3, to view the collections. This is the free day of the month. There are presently several exhibits worth seeing. The museum is located at 166 W. Alameda, downtown, and parking at meters is free on Sunday. If you plan to attend, please RSVP to Lee and Merlin at 207-5336.

| <b>April 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>      | <b>2</b>   |
| <b>3</b><br>Tucson Art<br>Musuem Tour<br>1:00 PM | <b>4</b>      | <b>5</b><br>Iron Horse Park<br>Cleanup<br>9:00 AM<br><br>Tracy Baim on<br>Obama 5:30 PM | <b>6</b>   | <b>7</b>  | <b>8</b>      | <b>9</b>   |
| <b>10</b>  | <b>11</b>     | <b>12</b><br>Wingspan Senior<br>Pride Meeting<br>Himmel Library<br>2:00 PM              | <b>13</b><br>Revisiting "The<br>Boys in the Band"<br>Loft Theatre 7:30<br>PM | <b>14</b><br>COSCO<br>Presentation:<br>Planning For Your<br>Care Needs<br>1-3 PM, TMC EI<br>Dorado Campus | <b>15</b>     | <b>16</b><br>40s and Better<br>Breakfast Group<br>Royal Sun Best<br>Western Restaurant<br>9:30 – 11:00 am                            |
| <b>17</b>  | <b>18</b>     | <b>19</b><br>Iron Horse Park<br>Cleanup<br>9:00 AM                                      | <b>20</b>  | <b>21</b>   | <b>22</b>     | <b>23</b><br>"A Colorful Life" -<br>Don Sullivan at Ward<br>6 offices 2:00 PM  |
| <b>24</b>  | <b>25</b>     | <b>26</b>   | <b>27</b>  | <b>28</b>   | <b>29</b>     | <b>30</b><br>Desert Voices<br>Presents Aquarius:<br>the Sixties<br>Pima College West<br>7:30 PM<br>(also Sunday May 1<br>at 3:00 PM) |

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

## The Consequences of Clutter

Seniors have had many years to collect possessions. Some have strong sentiments attached to them, others just seem to get kept because they may be "needed" in the future and some seem to "accumulate on their own". Do you like (or do your friends think you like?) penguins, cows, troll dolls and do their numbers just grow year after year? You may have a problem with clutter.

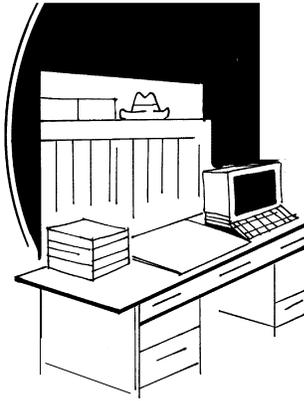


**Before**

clutter, leaving only the items that you really want or need in this space. Then move on to an adjacent area and repeat.

Finally, a statistic was cited that illustrates our obsession with acquiring and holding onto things. In North America, 99% of all items purchased are no longer used after the first 6 months! This suggests a wasteful, careless attitude to things and the resources needed to produce them. Make a commitment to reduce, reuse and recycle.

**After**



A recent presentation at TMC Senior Services addressing the issue made some good points. Clutter itself can be a hazard, providing fuel for a fire. It can block access by firefighters in the event of a fire. It can be an obstacle to ease of movement through one's living area and can contribute to falls, which are of particular concern to seniors.

Too many things can be costly financially. Many people pay a monthly fee to store stuff that they have no room for at home. Clutter must be cleaned, maintained and sometimes insured, if valuable. Many times items need to be purchased because the one already owned can't be found amid all of the clutter.

And there is the emotional cost, too. Clutter can be a sign of our reluctance to let go of the past and move into the present.

Two suggestions were presented as solutions. The first was called "The Reverse Birthday Party", where, instead of the invitees bringing the honoree more gifts (stuff), the host gives "special" possessions out, along with a story about the item that made it special in the giver's life. What a great way to share memories with friends!

Another strategy was to clean the "nest", taking a 6-foot square area where you spend the most time in your home (kitchen table, recliner, living room sofa) and removing all

## April Events

### **Meander in Tucson Meetup Group**

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

### **Tuesday, April 5 and April 19**

(1st and 3rd Tuesdays) 9AM

### **Adopt a Park Iron Horse Cleanup**

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



### **Tuesday, April 12 (2nd Tuesday)**

### **Senior Pride Planning Meeting**

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

### **Saturday, April 16**

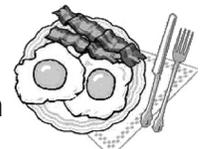
(every 3rd Saturday of the month)

### **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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RETURN SERVICE REQUESTED

**Spring has returned. The Earth is like a child that knows poems.**

- Rainer Maria Rilke

*The first day of spring is one thing, and the first spring day is another.  
The difference between them is sometimes as great as a month.*

- Henry Van Dyke

**April hath put a spirit of youth in everything.**

- William Shakespeare

The seasons are what a symphony ought to be: four perfect movements in harmony with each other.

- Arthur Rubenstein

*People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring.*

- Rogers Hornsby