



SENIOR Wingspan's Elder Voice FORUM

Volume 7 Issue 8
August 2011

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

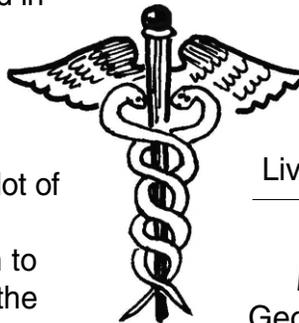
430 East 7th Street, Tucson, AZ 85705 — 520-624-1779 — www.wingspan.org

Michael and Rick's 4 bits



Summer 2011 is shaping up to be a watershed season for GLBT causes and issues. We have just witnessed the great state of New York become the sixth state to give our community the right to marry (although we can be sure that the battle is far from over even in NY); then there is the long overdue demise of the ridiculous "Don't Ask, Don't Tell" policy in our nation's military services which seem finally to be catching up with the 21st century. Those of us who have served in silence at some point during the past decades can only reflect how much better those years might have been if we hadn't had to camouflage our lives with lies (not that it wasn't a lot of fun anyway if you get my drift).

We also want to call your attention to another issue that will deeply affect the senior community - the trouble in Washington regarding the national debt and proposals to cut Social Security and/or Medicare benefits in order to maintain solvency. Medicare Fraud and Abuse is one issue that we need to be aware of in order to do our part to maintain benefits and avoid contributing to the fiscal problems. Please see the article below regarding the PCOA presentation scheduled for Saturday, August 13th at the Himmel library and plan to attend if at all possible. The first TMC Senior Center presentation on August 3 will also address this concern. Page 3 of this Senior Forum issue is a reprint, with minor editing, of an article we published a few months ago. We hope you will find it helpful.



Exercise and Longevity

Canyon Ranch exercise physiologist Douglas Loveday will speak about the impact of exercise on longevity and quality of life on Wednesday, August 3rd from 6 to 7:30PM. This monthly series is free and open to the public and is presented by Living Healthy With Arthritis, a program of the Arizona Arthritis Center. The location has changed from University Medical Center to the Medical Research Building, located at 1656 E. Mabel St. Room 102, two blocks north of Speedway Blvd. on the southeast corner of Mabel and Cherry Ave. (3 blocks west of Campbell Ave.). There is free parking after 5PM in the lot along Cherry Ave. Please register for this presentation by calling 626-5040 or going online to LivingHealth@arthritis.arizona.edu.

How to Recognize Medicare Fraud and Abuse

George Kaminski, volunteer at Pima Council on Aging (PCOA), will give a presentation on Medicare Fraud and Abuse as part of the PCOA Medicare Patrol Program.

Come learn how to protect your medical information, detect errors in your Medicare billing statements and how to report suspected Medicare fraud and abuse.

This program is part of a nationwide effort to inform citizens about these problems, which cost the government and taxpayers millions of dollars each year.

The presentation will take place at the Himmel Park Library 1035 N. Treat Ave. (one block south of Speedway) Saturday, August 3th from 1:30 to 3:30 PM in the meeting

continued on page 2

How to Recognize Medicare Fraud cont.
room. It will run for 30 - 40 minutes and there will be some time for a Q&A at its conclusion. This is an important issue that we should all be aware of and we urge you to attend if possible.

Free and open to the public.

AZ "Right to Marry" Walk in Tucson

The AZ "Right to Marry Walk" will be passing through Tucson on August 8th. There are meetings scheduled with City Council members at 1:30 and 4:30. There will be a showing of the film "The Activist Within" at Fluxx Studios as a fundraiser as well. This film highlights parts of the 2010 walk as well as two other events. It is estimated that the cost of the walk will be approximately \$18,000. Donations are welcomed and deeply appreciated at http://www.righttomarryaz.org/2011_walk/karon

Pedal Your Buns Off with the Rainbow Riders!



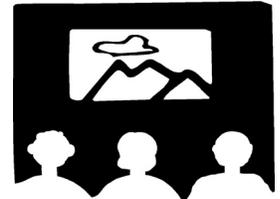
The Rainbow Riders is an LGBTQA bicycling group for riders of all ages and fitness levels. Started over 4 years ago as an activity to build community, meet people and support and encourage fun and fitness, the group does "no drop" rides, usually twice a month. What's a "no drop" ride? It means nobody gets left in the dust! The group stays together for the entire ride, so if you're new to cycling or not in gold medal training condition, you won't be left out.

Rides vary in distance and location and usually last about 2 hours. In the summer, starting time is early in order to avoid the heat. Some rides are road rides (on paved surfaces) and others are off-road (mountain bike terrain). Past road rides have been along the Rillito and Santa Cruz Rivers and the Aviation Bikeway. Mountain rides have been to Fantasy Island (on the east side of Tucson), Tucson Mountains west of Gates Pass and the Silverbell/Sweetwater area.

Karen, who wanted to get involved with Wingspan and the community, started the group in conjunction with Wingspan's health and wellness programs, and feels that the group is a great place to meet people and have a good time while getting some exercise. She encourages everyone to give it a try, even novices. To get information on upcoming rides and to subscribe to the Yahoo group to get email notification of upcoming rides, log on to http://health.groups.yahoo.com/group/wingspan_fun2bhealthy/. Happy cycling!

Advance Notice for September Film

A screening of the 2002 TV movie "Bobbie's Girl" is planned for Saturday, September 24 at the Himmel Park Library. Senior Pride has the meeting room at the library reserved for this special presentation from 2:30 to 5:00 PM with the film beginning at 3:00 PM. The film stars Bernadette Peters and Rachel Ward as two middle-aged Lesbians who find their lives complicated when one of them (Ward) takes in her ten-year-old nephew. The movie co-stars Jonathan Silverman and young Thomas Brodie-Sangster as the boy. The Himmel library obtained a copy of the movie for this special Senior Pride screening and will donate it afterward to Wingspan's film library.



Seniors Games at Himmel Library

It's not just the younger LGBTQ crowd having fun. Join fellow 50+ friends for an afternoon of games every Monday, excluding holidays, from noon to 3 pm. at Himmel Park Library, 1035 North Treat Ave.

One of the popular games offered is Mah-Jongg. Similar to the Western card game rummy, Mah-jongg is a game of skill, strategy and calculation and involves a certain degree of chance. If you are especially interested in learning to play, please attend the MON Senior Games at Himmel Library!!

Medicare Fraud and You

Each year it is estimated that Medicare fraud costs the U.S. government \$60 billion. It is up to all of us to make sure that fraud is detected and reported in order to prevent abuse of the system. Anyone receiving Medicare benefits should take the time to become educated about the Medicare system, its benefits and rules. You can attend Pima Council on Aging's (PCOA) Medicare Fraud & Abuse presentation in August (see article in this month's edition), contact PCOA with specific questions (PCOA Helpline at 790-7262 or Medicare Line at 546-2011) or contact Medicare directly at 1-800-MEDICARE (1-800-633-4227) (TTY 1-866-653-4261).

While some errors in Medicare billing are simply mistakes, there are many deliberate attempts to defraud the system. Some of these frauds are committed by consumers themselves. This can consist of requesting services and products that we don't really need. Because we don't have to pay for a service shouldn't mean that we ask for it when it isn't needed.

However, most of the fraud is committed by providers of services and products. The best way for us to avoid being victims of, or participants in, fraud is to be aware of some of the most common practices used to defraud the system. As individuals, we can prevent fraud by protecting personal information (Medicare ID numbers, Social Security numbers, etc.) and by not participating in certain schemes. Some of the most common scams include (but there are many more):

- Your Medicare ID number is stolen and used by another person to get services or products.
- You are offered a free test, a free gift or a meal and are asked for your Medicare ID information. This information is often used to bill Medicare for products and services that were not provided to you. You should never give identifying information to anyone who is not your doctor, a Medicare-approved plan or a supplier that you know and trust.
- You are told that the more tests you have done, the less expensive each test will be. This may be a ruse to bill Medicare for unnecessary tests.
- You are told that Medicare wants you to have the test or product. Only a doctor or health care provider can determine whether you need a test or product, based on your condition.
- Your co-pay will be waived even though your ability to pay has not been determined. If you haven't been approved for a co-pay waiver due to inability to pay, this fee cannot be legally waived. This is probably a come-on.
- You are subjected to high-pressure tactics.
- You are offered non-medical transportation or housekeeping services as Medicare-approved. These are never provided by Medicare.
- You are offered or given a Medicare-billed wheelchair or scooter when you don't meet Medicare qualifications.
- You can receive home health services through Medicare even though you are not home-bound and can still drive.

Another way we can protect Medicare from fraud is to monitor charges to Medicare made in our names. This can mainly be done by carefully reviewing the Quarterly Notice of Benefits sent to Medicare beneficiaries or by going online to MyMedicare.gov to review your records for the past 15 months. By keeping track of all services and products supplied to us and comparing these to the statement, any discrepancy can be discovered and reported. If you find a charge that you think is incorrect, contact Medicare at 1-800-MEDICARE (1-800-633-4227). If you suspect fraud call the Fraud Hotline of the Department of Health and Human Services Inspector General at 1-800-HHS-TIPS (1-800-447-8477) or TTY 1-800-377-4950.

August 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Iron Horse Park Cleanup 7:30 AM	3 Exercise & Longevity 6:00 - 7:30 PM (See newsletter for location details)	4	5	6
7	8 AZ "Right to Marry" Walk in Tucson (time/place not available - please watch for news coverage)	9 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	10	11 COSCO Presentation: 9:00 - 10:00 AM TMC Senior Center	12	13 Medicare Fraud & Abuse Himmel Library 1:30 - 3:30 PM
14	15 COSCO Presentation: 10:30 - Noon TMC Senior Center	16 Iron Horse Park Cleanup 7:30 AM	17	18	19	20 40s and Better Breakfast Group Royal Sun Best Western Restaurant 9:30 - 11:00 am
21	22	23	24	25	26	27
28	29	30	31			

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

TMC Senior Services Presentations

The following presentations on health topics of interest to seniors will be offered in August by Tucson Medical Center's Senior Services Center, 1400 N. Wilmot Rd. These presentations are free and open to the public, but pre-registration is required by calling 520 324-4345.

Wednesday, August 3rd from 9 to 10am -
Medicare Fraud and Abuse

Thursday, August 11th from 9 to 10am -
Atrial Fibrillation

Monday, August 15th from 1030am to Noon
Stroke Support Group

Recipe (???) for August

This is a slightly different kind of recipe - please abandon any ideas of eating it!!

Since it's a long hot dry summer here in Tucson, we received permission to offer Wingspan Senior Forum the following homemade moisturizer to help keep our skin soft and toned!

RUTHIE's Rub A Dub Cream

3 bottles baby lotion with Shea Butter.
2 containers of Shea Butter.
3 jars of Vitamin E Cream.
(all items in standard sizes can be purchased at Dollar General)

Mix together in a metal bowl.

Separate into individual containers for self use or to give away.

Humor Corner

A is for apple, and B is for boat, that used to be right, but now it won't float! Age before beauty is what we once said, but let's be a bit more realistic instead.



Now The New Alphabet:

A's for arthritis;
B's the bad back,
C's the chest pains, perhaps car-di-ac?
D is for dental decay and decline,
E is for eyesight, can't read that top line!
F is for fissures and fluid retention,
G is for gas which I'd rather not mention.
H high blood pressure--I'd rather it low;
I for incisions with scars you can show.
J is for joints, out of socket, won't mend,
K is for knees that crack when they bend.

L 's for libido, what happened to sex?
M is for memory, I forget what comes next.
N is neuralgia, in nerves way down low;
O is for osteo, bones that don't grow!
P for prescriptions, I have quite a few,
just give me a pill and I'll be good as new!
Q is for queasy, is it fatal or flu?
R is for reflux, one meal turns to two.
S is for sleepless nights, counting my fears,
T is for tinnitus; bells in my ears!
U is for urinary; troubles with flow;
V for vertigo, that's 'dizzy,' you know.
W for worry, now what's going 'round?
X is for X ray, and what might be found.
Y for another year I'm left here behind,
Z is for zest I still have -- in my mind!

I've survived all the symptoms, my body's deployed, and I'm keeping twenty-six doctors fully employed!

August Events

Meander in Tucson Meetup Group

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

Senior Games

Every Monday (except holidays), 12:00 noon to 3:00 PM at Himmel Park Public Library branch, 1035 North Treat Ave.

Tuesday, August 2 and August 16

(1st and 3rd Tuesdays) 7:30 AM (NOTE THE TIME

CHANGE for the summer months!) Adopt a Park Iron Horse Cleanup

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



Tuesday, August 9 (2nd Tuesday) Senior Pride Planning Meeting

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

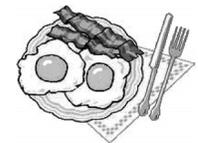
Saturday, August 20

(every 3rd Saturday)

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

RETURN SERVICE REQUESTED

Nonprofit Org.
U.S. Postage
PAID
Tucson,
Arizona
Permit No. 769

A successful marriage requires falling in love
many times, always with the same person.

~ Mignon McLaughlin

*All marriages are happy. It's the living together
afterward that causes all the trouble.*

~ Raymond Hull

**Almost no one is foolish enough to imagine that he automatically
deserves great success in any field of activity; yet almost everyone
believes that he automatically deserves success in marriage.**

~ Sydney J. Harris

*Don't marry the person you think you can live with; marry
only the individual you think you can't live without.*

~ James C. Dobson

I love being married. It's so great to find that one special person
you want to annoy for the rest of your life.

~ Rita Rudner