



# SENIOR Wingspan's Elder Voice FORUM

Volume 8 Issue 4  
April 2012

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

## Michael and Rick's 4 bits



We trust that most, if not all readers of the Senior Forum have heard of the recent departure of Wingspan Program Director Oscar Jimenez. Oscar stepped down from his position at the beginning of March, much to our surprise. He leaves Wingspan to pursue his academic and creative interests and we of Senior Pride wish him the very best in all his endeavors.

Program Manager Casey Condit is taking over Oscar's responsibilities while the Wingspan Board of Directors undertakes the search for a new Executive Director. Wingspan is asking that members of the community help get the word out. If you or someone you know may be interested in applying for the Wingspan Executive Director position, please visit the [jobing.com](http://jobing.com) link below for more details.

Executive Director Job Posting:  
<http://tucson.jobing.com/executive-director/job/3169719>

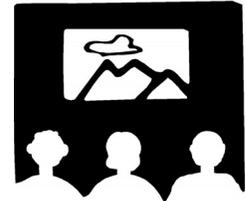
## Back Into the Closet?

A group of Wingspan board members is currently working on organizing a screening of the film "Gen Silent", about older LGBT community members and the difficulties they face when considering or entering long-term care facilities. People entering these facilities are very vulnerable and many LGBT people worry that their status could potentially place them in an awkward or abusive situation. Many believe that going back into the closet is the only way to assure their safety. The film seeks to raise awareness in our community and encourage advocacy for individuals who are in

or may be entering these institutions. A venue, sponsors and a date are being planned for an October showing. Watch for further updates in the Forum and in the Wingspan enews. For information about the film and/or to view the trailer go to

[http://stumaddux.com/GEN\\_SILENT.html](http://stumaddux.com/GEN_SILENT.html) (Stu Maddux is the director of the film) or [www.imdb.com/title/tt1605721/](http://www.imdb.com/title/tt1605721/) (IMDB is the Internet Movie Data Base).

We included an 'advance notice' article about this film in the February issue, but we are hoping to get the best possible deal from the distributors to be able to show the film to the widest possible audience. The film will fit nicely with PCOA's recent discussions about "Project Visibility" which attempts to raise awareness and educate caregivers and health care professionals in senior housing facilities of all kinds about the issues facing LGBT elders. More information about Project Visibility is available by contacting PCOA caregiver specialist Sandy Davenport at 520-546-2006 or [sdavenport@pcoa.org](mailto:sdavenport@pcoa.org).



## 60+ Years of Living with Arthritis

The University of Arizona Medical Center's Living Healthy with Arthritis presentation this month, "A Historical and Hysterical Perspective on 67 Years of Living with Arthritis" takes place Wednesday April 4th from 6 to 7:30 PM at University Medical Center, 1501 N. Campbell Ave., in the Chase Bank Auditorium Room 8403. This free presentation, by Gail Kershner Riggs, a retired lecturer of rheumatology and geriatrics

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## 60+ Years of Living ... from pg1

the College of Medicine, will offer a history of the various treatments used from the 1940's to the present.

Paid parking is available in the visitor's lot of the medical center, or free parking after 5 PM is available in the lot in front of the College of Nursing south of the visitor's lot. Please register by calling 520 626-5040 or by emailing your name and phone number to [livinghealthy@arthritis.arizona.edu](mailto:livinghealthy@arthritis.arizona.edu).

### PCOA and TMC Senior Services Honor Centenarians



This past February 14th, the state of Arizona honored Arizonans who had reached or passed the age of 100. Pima Council on Aging (PCOA) and Tucson Medical Center (TMC) Senior Services are sponsoring

the 25th annual Salute to Centenarians celebration on Friday, May 4th at TMC's Marshall Conference Center. Pima County residents age 99 and older are invited, along with family representative(s) or primary caregivers, to attend the celebration. Names of the honorees must be mailed or phoned to PCOA Administrative Assistant Jan Baker by April 6th to receive an invitation. She can be reached at 520 258-5076, 8467 E. Broadway Blvd. 85710 or [jbaker@pcoa.org](mailto:jbaker@pcoa.org).

### Bi The Way.....

Recent studies suggest that bisexuality is more widespread than anyone thought. The



directors of the film "Bi the Way" investigate the latest scientific reports and social opinion on bisexuality and follow five members of the emerging "whatever generation" who are ushering in a whole new sexual revolution. The University of Arizona Pride Alliance, as part of its Fabulous Queer Film Series, is presenting a free screening of the film at the Gallagher Theater in the Student Union on Wednesday April 11th at 7 PM.

### Know Your Risk for a Stroke

Stroke is the number 4 cause of death and the number 1 cause of disability in the US. Some of the signs of a stroke include sudden numbness or weakness of the face, arm or leg, especially on one side of the body; sudden confusion or trouble speaking; sudden trouble seeing in one or both eyes; sudden trouble walking, dizziness or loss of balance or coordination; and sudden headache with no known cause.

The annual Stroke Check, sponsored by the American Heart Association, the American Stroke Association, Tucson Medical Center and Healthsouth takes place on Saturday April 14th from 8 AM to noon. This event provides free



screenings to assess your risk of getting a stroke and requires about an hour. Screenings are being offered at 6 area hospitals: Tucson Medical Center, St. Joseph's Hospital, St. Mary's Hospital, University Medical Center, Northwest Medical Center and Oro Valley Hospital. Just drop in to one of the locations before 11:30 AM and move through the stations, getting blood pressure, blood sugar, total cholesterol and other readings, and then consulting with a physician who will discuss with you any risk factors for stroke and suggested courses of action. No registration is required. For more information, call 324-1960.

## TMC Healthy Living Connections Presentations

The following free presentations, located at Tucson Medical Center's Senior Services Campus, 1400 N. Wilmot Rd., will be offered in April. Please call 520 324-4345 to pre-register.



Wednesday, April 4th from 1 to 3 PM  
**Journey to Control Diabetes** - An interactive group session, limited to 10 people, to learn how to effectively manage diabetes

Thursday, April 12th from 5:30 to 6:30 PM  
**Diabetes and Your Feet** - How to care for your feet if you have diabetes

Tuesday, April 17th from 9 to 10:30 AM  
**Seizures and Older Adults**

Thursday, April 19th from 1 to 3 PM  
**Valley Fever Lecture and Free Lung Function Screening**

Monday, April 23rd from 3 to 4 PM  
Skin Care as We Age - **How to treat wounds**, with a tour of the Wound Center following the lecture

Thursday, April 26th from 9 to 10 AM  
**Stress, Depression and Anxiety** - How to maintain emotional well-being while dealing with chronic illness

Thursday, April 26th from 10 AM to Noon  
**Meditation for Health** - Learn to meditate for general stress reduction

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### Desert Voices Travels 'Way OUT West'

From its beginnings as a desert settlement through the coming of the railroad to the present day, Tucson has always been home to a wide range of people and cultures. On April 14 & 15, 2012, Desert Voices celebrates that

history and diversity with sights, sounds, and stories that remind us of Tucson's unique Western heritage.

Desert Voices, Tucson's premier LGTSB choral arts group, is presenting 'Way OUT West' at the Pima Community College Center for the Arts, 2202 W. Anklam Road, Tucson. Performances will be presented on Saturday, April 14, 2012 at 7:30 PM, and Sunday, April 15, at 3 PM.

Artistic Director Chris Tackett will lead you on a journey that harkens back to the early days of Tucson, the 'Hollywood' vision of Western heritage, and the music, culture, and diversity that makes the 'real West' as we know it today.

Rest easy, Folks – it's a sure bet you'll hear a passel of tunes you recognize – The Tumbling Tumbleweeds, and Happy Trails, to name a



few. But the fandango we're plannin' has something for everyone, including some fantastic vintage visuals and the kind of musical

mischief you've learnt to expect from the gals and gents in D.V.

Please join us for 'Way OUT West' April 14 & 15th. Tickets are \$18 in advance, \$20 at the door. (Student tickets - \$15, group discounts for groups of 8 or more.) More information is available by calling the Desert Voices office at 520-791-9662 or online at [www.desertvoices.org](http://www.desertvoices.org).

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### daVinci at Work in Tucson

Tucson Medical Center's TMC for Women program is sponsoring a morning-long presentation and information fair about the daVinci robotic surgery option for women considering surgery. This new technique uses a "robot" under the manual operation of a surgeon that promises a safer, less-invasive and less-painful procedure. Come get information about the technique, talk to providers

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| April 2012   |   |  |  |           |           |   |
|--|---|--|--|-----------|-----------|---|
| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday  | Friday    | Saturday  |
| <b>1</b><br>Palm Sunday  | <b>2</b><br>Senior Games<br>Himmel Park<br>Library<br>Noon - 3:00 PM  | <b>3</b><br>Iron Horse Park<br>Cleanup<br>8:00 AM                          | <b>4</b><br>Arthritis Lecture<br>6:00 -7:30 PM<br>(see newsletter for<br>details)                  | <b>5</b>  | <b>6</b>  | <b>7</b><br>Habitat for<br>Humanity Rainbow<br>Build Day  |
| <b>8</b><br>Easter Sunday  | <b>9</b><br>Senior Games<br>Himmel Park<br>Library<br>Noon - 3:00 PM  | <b>10</b><br>Wingspan Senior<br>Pride Meeting<br>Himmel Library<br>2:00 PM | <b>11</b><br>Film: 'Bi the Way'<br>Gallagher Theater<br>7:00 PM (see<br>newsletter for<br>details) | <b>12</b> | <b>13</b> | <b>14</b><br>Stroke Check<br>8:00 AM - Noon<br>(see newsletter for<br>details)<br>Desert Voices<br>Concert @ 7:30 PM      |
| <b>15</b><br>Desert Voices -<br>'Way OUT West'<br>concert @ 3:00 PM<br>Pima College West<br>Campus | <b>16</b><br>Senior Games<br>Himmel Park<br>Library<br>Noon - 3:00 PM | <b>17</b><br>Iron Horse Park<br>Cleanup<br>8:00 AM                         | <b>18</b>  | <b>19</b> | <b>20</b> | <b>21</b><br>40s and Better<br>Breakfast Group<br>9:30 – 11:00 am<br>Info Fair: daVinci<br>robotic surgery<br>9:00 - 1:00 |
| <b>22</b>  | <b>23</b><br>Senior Games<br>Himmel Park<br>Library<br>Noon - 3:00 PM | <b>24</b>  | <b>25</b>  | <b>26</b> | <b>27</b> | <b>28</b>   |
| <b>29</b>  | <b>30</b><br>Senior Games<br>Himmel Park<br>Library<br>Noon - 3:00 PM |  |  |           |           |   |

Due to space limitations in the calendar, see the newsletter itself for complete information for some activities (e.g., TMC presentations).

## Humor Corner

### How a paradigm is formed:

A group of scientists placed 5 monkeys in a cage and in the middle, a ladder with bananas on the top.

Every time a monkey went up the ladder, the scientists soaked the rest of the monkeys with cold water. After some time, no monkey dared to go up the ladder regardless of the temptation.

The scientists then decided to substitute one of the monkeys. The first thing this new monkey did was to go up the ladder. Immediately the other monkeys beat him up. After several beatings, the new member learned not to climb the ladder even though he never knew why. A second monkey was substituted and the same thing occurred. The first monkey participated in the beating of the second monkey. A third monkey was changed and the same thing was repeated (beating). The fourth was substituted and the beating was repeated and finally the fifth monkey was replaced.

What remained was a group of five monkeys that, even though they never received a cold shower, continued to beat up any monkey who attempted to climb the ladder. If it were possible to ask the monkeys why they would beat up all those who attempted to go up the ladder....

I bet you the answer would be....

"I don't know - that's how things are done around here".

Does that sound familiar? Don't miss the opportunity to share this little story with others as they might be asking themselves why we continue to do what we are doing if there is a different way out there.

"Only two things are infinite: the universe and human stupidity. And I am not so sure about the former." --Albert Einstein--



## daVinci at Work in Tucson from pg 3

and get a hands-on experience for yourself of the device.

This free event takes place on Saturday April 21st from 9AM to 1PM at TMC's Marshall Conference Center, 5301 E. Grant Rd., located along the east side of the TMC complex. Plenty of free parking and light refreshments provided. For more information, call 324-5591.



## April 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, April 3 and April 17

(1st and 3rd Tuesdays) 8:00 AM

### Adopt a Park Iron Horse Cleanup

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



### Tuesday, April 10 (2nd Tuesday)

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

### Saturday, April 21

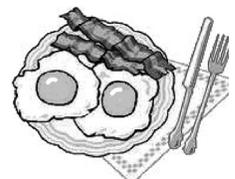
(every 3rd Saturday of the month)

### 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





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**Expect to have hope rekindled. Expect your prayers to be answered in wondrous ways. The dry seasons in life do not last. The spring rains will come again.**

~ Sarah Ban Breathnach

*In the spring, at the end of the day, you should smell like dirt.*

~ Margaret Atwood

**Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.**

~ Robert H. Schuller

For every person who has ever lived there has come, at last, a spring he will never see. Glory then in the springs that are yours.

~ Pam Brown

***In the Spring, I have counted  
136 different kinds of weather inside of 24 hours.***

~ Mark Twain