



SENIOR Wingspan's Elder Voice FORUM

Volume 8 Issue 5
May 2012

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

Michael and Rick's 4 bits



I'm putting this issue of the Senior Forum together a week too late to really mention this now, but it seems that April 15-21 was National Volunteer Week. Who knew? Looking it up online, I found President Obama's proclamation to that effect and wondered why I hadn't really heard anything about it. Probably my fault - I don't pay attention when I should.

Anyway, I thought I'd throw it out there just the same - better late than never. Wingspan Senior Pride is forging ahead with the help of dedicated volunteers and so far, so good. But we are trying our best to enlist the help and input of many more of you. Please consider offering your time and talent in our worthy cause - we need everyone we can get to join our efforts in providing the services we all need.

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. Call PCOA Administrative Assistant Jan Baker at 520 258-5076, or email jbaker@pcoa.org for more information.

Reveille Presents BACK TO BROADWAY

Join Reveille as they head BACK TO BROADWAY! Two years ago Reveille delighted audiences with their first concert of music inspired by the Great White Way. For their second journey down that famed New York boulevard they have chosen songs by some of the greatest composers from some of the best Broadway shows ever to see the footlights, such as WEST SIDE STORY, GUYS AND DOLLS, FUNNY GIRL, PROMISES PROMISES, SOUND OF MUSIC, HOW TO SUCCEED IN BUSINESS, RENT, DREAM GIRLS, GYPSY, INTO THE WOODS, GREASE and many more. You won't want to miss a single toe tapping minute!



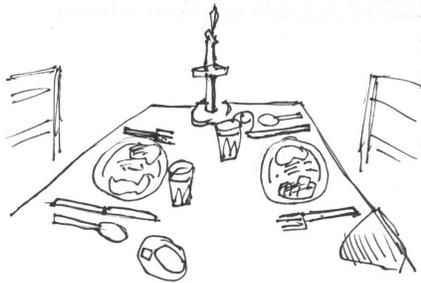
BACK TO BROADWAY
Saturday, May 5 at 8:00 PM
Sunday, May 6 at 3:00 PM

The Temple of Music & Art
330 S. Scott Ave., Tucson, AZ

Tickets are \$15 in advance and for seniors, \$10 for students with I.D. or \$20 at the door, and may be purchased from any Reveille member, online at www.reveillemenschorus.org, Antigone Books or by calling Reveille at 304-1758.

What's for Dinner (for one or two)?

The Council of Senior Citizens Organizations (COSCO) presentation for May will deal with nutrition and seniors. Many of us who live alone don't really feel like putting much time or effort into meal preparation. It's so much easier to open up the bag of chips or a can of soup. A recent study that analysed the blood of subjects who ate canned soup compared to those who cooked their own soup from scratch



showed that the canned soup subjects had twice the level of bisphenol A(BPA) than those who ate soup made from scratch. Although there has been no direct implication of harm to adults from small exposures to BPA, canned, processed foods often contain more sodium, sugar, fats and other additives than foods prepared from scratch. This month's presentation will provide tips on how to prepare easy, healthy meals for one or two that don't require a lot of time or energy. Who knows? Maybe you'll get inspired to start cooking. Those cooking shows on TV certainly don't encourage cooking for one, with dozens of ingredients and fancy equipment.

"What's for Dinner" will take place Thursday, May 10th from 1 to 3 PM at Tucson Medical Center's Senior Services, 1400 N. Wilmot Rd. No registration required and the event is free and open to all. For more information, call Jennie at Pima Council on Aging at 305-3410. Bon appetit!

Project Visibility Update

"Project Visibility" attempts to raise awareness and educate caregivers and health care professionals in senior housing facilities of all kinds about the issues facing LGBT elders.

A Project Visibility presentation was made to the Arizona Gerontological Nursing Association, with interest expressed there for further trainings at UA college of nursing and a local Physical Therapists association. Wingspan board members also attended this presentation. Wingspan plans a showing of the movie "GEN Silent" in the fall, with a discussion after the film that includes description of Project Visibility and options for showing it to agencies in the community. 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.

This Planning Group is making great progress. It will meet again Thursday, May 17, 10:00-11:00 a.m. at PCOA. Anyone who wants to attend the meeting, but has not yet seen the DVD, is invited to come at 9:30 for a viewing. More information about Project Visibility is available by contacting PCOA caregiver specialist Sandy Davenport at 520-546-2006 or sdavenport@pcoa.org.

"Will You Still Need Me When I'm Ninety-Four?"

Continuing in the same vein as the previous article, the 2012 Behavioral Health and Older Adults Conference presented by the Behavioral Health and Aging Council (BHAC) of Southern Arizona will be taking place on June 15. This is an all-day conference, 8:00 AM - 5:00 PM, to be held at the Casino del Sol Convention Center, 5655 W Valencia Rd. The registration deadline is June 1.

The conference will open with a continental breakfast followed by an address by keynote speaker Stella Pope Duarte, Ma.ED, educational consultant and author. Three important and interesting workshops led by other professionals will occupy the remainder of the day. Watch for further details in the June Senior Forum.

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May Picnic/Potluck

Summer weather has returned, it seems, and earlier than expected! Hopefully, we'll still have a few days of more springlike temperatures, but May is usually a great month to start gathering outdoors again. Senior Pride is planning to kick off the fun season with a potluck to be held at the south end of Himmel Park on Saturday, May 19 beginning at noon. We all have to eat, so please plan on joining us in the park if you can. Cook up a special dish to share, but only if you want to - a stop at your favorite market for something already prepared works just as well. Call Lee at 207-5336 if you can't decide what to bring or for any other information.



Dump the Defense of Marriage Act (DOMA)

People for the American Way (PFAW), an organization whose mission is to promote equality, freedom of speech, freedom of religion, justice and the right to cast a vote that counts, is seeking online petition signatures telling Congress to Dump DOMA. Recently Washington state and Maryland passed legislation legalizing same-gender marriage and a federal judge declared California's Prop 8 result unconstitutional. The petition calls on Congress to repeal the federal law that denies same-gender couples the same rights couples. If you're interested in signing, go to www.dumpdoma.com and fill out the online petition, which will ask for your name, address and email.

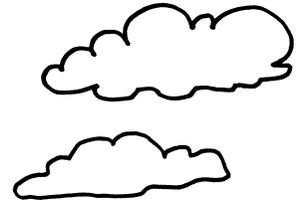
"Bullied" : One Youth's Battle Against Bullying

Jamie Nabozny, a gay Wisconsin teen, endured years of bullying at the hands of his classmates with no consequences to those classmates until a lawsuit against the school board resulted in a large settlement and an

indictment of school officials. PFLAG (Parents and Friends of Lesbians and Gays) Tucson will show the documentary "Bullied", narrated by Jane Lynch, made in 2010, at their regular monthly meeting on Wednesday, June 6th at 7 PM at the Tucson City Council Ward 6 office, 3202 E. First St., one block south of Speedway Bl. and one block east of Country Club Rd. This screening is free and open to the public, as are all PFLAG meetings.

"We Were Here" - Where Were You?

The AIDS epidemic in San Francisco, which started in 1981, is the subject of the film "We Were Here". Through photos, film and personal accounts by survivors, the history of AIDS in the gay mecca is poignantly documented in all of its devastation. This film was shown at the end of March at the U of A and was an extremely personal and moving account of the tragedy that descended on the gay men's community and the response that followed. "We Were Here" is being shown on the PBS series Independent Lens on Thursday, June 7th on the local PBS station KUAT channel 6 or 27. To view a 2 minute trailer, go to www.wewereherefilm.com, but make sure to have plenty of tissues ready beforehand.



Senior Services May Presentations

Tucson Medical Center Senior Services present the following free classes this month at the facility at 1400 N. Wilmot Rd. Please call 324-4345 to register or for more information.



Wednesday, May 2nd from 9 to 1030 AM -
Women and Vascular Health

Thursday, May 10th from 530 to 630 PM -
Exercises for Injury Prevention and Increased Motion

continued on page 5

| May 2012 | | | | | | |
|--|---------------|---|------------------|---|---|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | 1 Iron Horse Park Cleanup 8:00 AM | 2 | 3 | 4 Salute to Centenarians TMC Marshall Conference Center | 5 Reveille concert Back to Broadway Temple of Music & Art - 8:00 PM |
| 6 Reveille concert Back to Broadway Temple of Music & Art - 3:00 PM | 7 | 8 Wingspan Senior Pride Meeting Himmel Library 2:00 PM | 9 | 10 "What's for Dinner?" TMC Senior Services Center 1 - 3 PM | 11 | 12 |
| 13 | 14 | 15 Iron Horse Park Cleanup 8:00 AM | 16 | 17 Project Visibility meeting 10-11 AM PCOA | 18 | 19 Senior Pride Potluck Picnic - 12 Noon Himmel Park |
| 20 | 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 (e.g., TMC Presentations).

Senior Services May from pg 3

Wednesday, May 23rd from 10 to 1130 AM -
Eating for Better Health

Wednesday, May 23rd from 1 to 2 PM -
Emergency vs. Urgency - discussion of the appropriate use of medical resources and the warning signs of true emergencies

Thursday, May 24th from 1 to 2:30 PM - What
Happens in the Cardiac Cath Lab? - learn about balloon angioplasty and stent implantations

Wednesday, May 30th from 10 AM to Noon -
Fit at 50 and Beyond - improving core strength, endurance and flexibility

Also, May 14th to 18th is **Brain Week!**

Monday, May 14th from 9 to 10:30 AM - Our
Normal Aging Brain: A Functional Overview

Tuesday, May 15th from 9 to 10:30 AM - How
Chronic Disease Affects the Brain

Wednesday, May 16th from 9 to 10:30 AM -
Cognitive Aging and Everyday Remembering

Thursday, May 17th - **To be announced**

Friday, May 18th from 11 AM to Noon - **New to Memory Loss**

Humor Corner

These are the perks of reaching 50 or being over 60 and heading towards 70 and beyond!



01. Kidnappers are not interested in you.
02. In a hostage situation you are likely to be released first.
03. No one expects you to run -- anywhere.
04. People call at 9 pm and ask, "did I wake you?"
05. People no longer view you as a hypochondriac.
06. There is nothing left to learn the hard way.
07. Things you buy now won't wear out.
08. You can eat supper at 4 pm.
09. You can live without sex but not your glasses.
10. You get into heated arguments about pension plans.
11. You no longer think of speed limits as a challenge.

12. You quit trying to hold your stomach in no matter who walks into the room.
13. You sing along with elevator music.
14. Your eyes won't get much worse.
- 15.. Your investment in health insurance is finally beginning to pay off.
16. Your joints are more accurate meteorologists than the national weather service.
17. Your secrets are safe with your friends because they can't remember them either.
18. Your supply of brain cells is finally down to manageable size.
19. You can't remember who sent you this list.
20. Most importantly, never, ever, under any circumstances, take a sleeping pill and a laxative on the same night.

May 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, May 1 and May 15

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

Adopt a Park Iron Horse Cleanup

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



Tuesday, May 10 (2nd Tuesday)

Senior Pride Planning Meeting

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

Saturday, May 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

Contact: Carol Ehrlich 520-584-0339





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Always be a first-rate version of yourself, instead of a second-rate version of somebody else.

~ Judy Garland

To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else means to fight the hardest battle which any human being can fight; and never stop fighting.

~ e.e. cummings, 1955

Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself.

~ Harvey Fierstein

God has given you one face, and you make yourself another.

~ William Shakespeare

"Be yourself" is about the worst advice you can give some people.

~ Tom Masson