



# SENIOR Wingspan's Elder Voice FORUM

Volume 8 Issue 7  
July 2012

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

## Michael and Rick's 4 bits



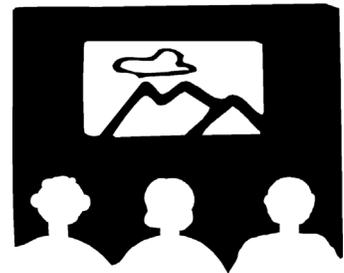
There are in our senior community a number of people who, due to lack of convenient transportation or distance from the central part of town where many of our social activities take place, are unable to join in as frequently as they might. But there are other opportunities that people can create in their own part of town that can offset some of these problems.

One such individual is Shirley Maser who lives in the Northwest part of Tucson roughly in the Ina/Thornsdale neighborhood. Shirley attended our monthly Senior Pride meeting in June and brought our attention to this concern. She receives and enjoys the Senior Forum by "snail mail" since she does not have a computer, but she is in reasonably good health, still drives, and does go to the Senior breakfasts from time to time. She is particularly inviting single women, 70+ years of age, who may find themselves in similar circumstances. Shirley would be willing to host social activities in her home for a reasonable number of people in order to promote some social gatherings in her part of town. Her phone number is (520)579-2166. She is allowing us to publish her name and number in the Senior Forum in the hope of connecting with seniors who live in her area and are interested in social meetings for cards, games, coffee, movies, etc., without having to go too far across town to enjoy a good time. Please give her a call if this is of interest to you.

### PBS Series Independent Lens "We Were Here"

We feel we must apologize for our mistaken reporting of the KUAT showing of the AIDS

epidemic documentary in San Francisco in the early 80's, which aired on the PBS series Independent Lens on local channels 6 and 27 (KUAT) Thursday, June 14th at 10:30 PM instead of Thursday, June 7th at 10PM as we reported. The scheduling was evidently changed by the station itself as we took the information directly from their website. It is, however, a very worthy film for all to see whenever and wherever possible. Rent it if you can from Casa Video or some other video outlet, or check with your local library.



### Blogging for Boomers

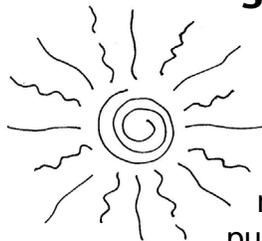
The summer months are a little short of activities and events taking place in our midst with many people escaping the heat and/or just staying in. We are indebted to Sharon Schubitzke for much of this month's Senior Forum content. Sharon is a social worker for CareMore who has offered most of the articles dealing with senior health issues you will find in this issue.

She has shared this information as well: Dr. Sheldon Zinberg, MD, founder of CareMore, has begun a blog on the Nifty After Fifty website, designed to give "baby boomers" health information designed to motivate them toward exercise and provide other tips for staying healthy in the later years of life. To read Dr. Zinberg's daily blog...whether you're Nifty After Fifty or still looking forward to those years go to <http://www.niftyafterfifty.com/blog>.

## July Healthy Living with Arthritis

Canyon Ranch's Research Director for Exercise Science, Michael Hewitt, will deliver this month's presentation relating to arthritis titled "The Healthy Weight Philosophy", with a practical approach to determine healthy weight ranges and tools to achieve and maintain optimal weight. Learn the facts about lean body mass and the facts, fads and fiction surrounding the weight loss industry. Many health benefits ensue from maintaining a healthy body weight, including less stress on joints and the cardiovascular system and reduction of sleep apnea. This month's talk will take place on Wednesday, July 11th from 6 to 7:30PM in University Medical Center, 1501 N. Campbell Ave., Chase Bank Auditorium Room 8403. Please call 520 626-5040 to register or go to [livinghealthy@arthritis.arizona.edu](mailto:livinghealthy@arthritis.arizona.edu) and email your name and phone number. Paid parking is available in the visitor's parking garage for \$3 or free parking is available in the School of Nursing lot south of the visitor's garage after 5PM.

## Of Some Concern for Sun Country Dwellers



Aspirin and other commonly used painkillers may help guard against skin cancer, according to a new study about to be published online in the journal

CANCER, which was led by researchers from Aarhus University Hospital in Denmark.

Previous studies have already suggested that NSAIDs (nonsteroidal anti-inflammatory drugs) such as aspirin, ibuprofen, and naproxen, and other prescription and over the counter drugs, can reduce people's risk of developing some cancers.

In this latest study, researchers looked at the effect of these drugs on three major types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and malignant melanoma. The results showed that people with more than 2 prescriptions for NSAIDs

had a 15% lower risk for squamous cell carcinoma and a 13% lower risk for malignant melanoma than those with fewer than 2 prescriptions. The link was even stronger when the drugs appeared to have been taken for 7 years or more, at a high intensity.

Taking NSAIDs did not appear to be linked to a lower risk of developing basal cell carcinoma overall.

But, taking NSAIDs was linked to a lower risk of developing this type of skin cancer in less exposed parts of the body (i.e., not the head or neck), particularly on a long term (15% reduced risk) or high intensity (21% reduced risk) basis.

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## Older Adults and Seizures

This month's Advances in Aging Lecture Series deals with seizures in seniors, diagnosis and treatment. Presented by David Labiner of the University of Arizona Department of Neurology, the presentation will take place on Thursday, July 19th from noon to 1PM in the Kiewit Auditorium of the Arizona Cancer Center, just north of the main entrance to the University Medical Center, 1501 N. Campbell Ave. The lecture is free and open to the public and no registration is required. A light lunch will be served and continuing educational credits are available to professionals.

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## 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.

This Planning Group is making great progress. It will meet again Thursday, July 26, 10:00-11:00 a.m. at PCOA. Anyone who wants to attend the meeting, but has not yet

continued on pg 5

## July Picnic/Potluck

On Saturday, July 28, Senior Pride will have its second monthly potluck lunch at



Water of Life Metropolitan Community Church beginning at 12 noon. We plan on having monthly potlucks there, but we have changed

the date to the fourth Saturday of the month. MCC, located at 3269 N. Mountain Avenue, has graciously agreed to let us use their facility for this purpose although we may have to change the date occasionally to accommodate their schedule later in the year. Please call Lee and Merlin at 207-5336 if you can attend. We have a full kitchen at our disposal and it works well as an indoor venue, especially during the hot summer months. If you have any questions, give us a call.

## Coffee Linked To Alzheimer's Disease Avoidance

Those cups of coffee that you drink every day to keep alert appear to have an extra perk - especially if you're an older adult. A recent study monitoring the memory and thinking processes of people older than 65 found that all those with higher blood caffeine levels avoided the onset of Alzheimer's disease in the two-to-four years of study follow-up. Moreover, coffee appeared to be the major or only source of caffeine for these individuals.

"These intriguing results suggest that older adults with mild memory impairment who drink moderate levels of coffee - about 3 cups a day - will not convert to Alzheimer's disease

- or at least will experience a substantial delay before converting to Alzheimer's," said study lead author Dr. Chuanhai Cao, a neuroscientist at the USF College of Pharmacy and the USF Health Byrd Alzheimer's Institute.

"The results from this study, along with our earlier studies in Alzheimer's mice, are very consistent in indicating that moderate daily caffeine/coffee intake throughout adulthood should appreciably protect against Alzheimer's disease later in life."

The researchers believe higher blood caffeine levels indicate habitually higher caffeine intake, most probably through coffee. Caffeinated coffee appeared to be the main, if not exclusive, source of caffeine in the memory-protected MCI patients, because they had the same profile of blood immune markers as Alzheimer's mice given caffeinated coffee. Alzheimer's mice given caffeine alone or decaffeinated coffee had a very different immune marker profile.

"We are not saying that moderate coffee consumption will completely protect people from Alzheimer's disease," Dr. Cao cautioned. "However, we firmly believe that moderate coffee consumption can appreciably reduce your risk of Alzheimer's or delay its onset."

Daily Definition: What is Caffeine?

Caffeine is a stimulant compound found naturally in coffee, tea, cocoa, and kola nuts and added to soft drinks, foods, and medicines. Caffeine can cause anxiety, insomnia, nervousness, and hypertension. Caffeine is a diuretic and increases urination. It can decrease a person's ability to lose weight because it stimulates insulin secretion, which reduces blood sugar, which increases hunger.

Caffeine can help to relieve headaches, so a number of over-the-counter and prescription pain relievers include it as an ingredient, usually with aspirin or another analgesic.



July 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Iron Horse Park Cleanup 7:00 AM	4  Independence Day	5	6	7
8	9	10 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	11 Healthy Living with Arthritis - "The Healthy Weight Philosophy" (see newsletter for details)	12	13	14
15	16	17 Iron Horse Park Cleanup 7:00 AM	18	19 Advances in Aging Lecture Series - "Older Adults and Seizures" Noon - 1PM (see newsletter for details)	20	21
22	23	24	25	26 Project Visibility Meeting @ PCOA 10:- 11:00 AM (9:30 AM –DVD showing)	27	28 Senior Pride potluck Metropolitan Community Church - 12 Noon
29	30	31				

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

## Project Visibility from pg 2

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](mailto:sdavenport@pcoa.org). Watch for further updates in the Forum and in the Wingspan Enews.

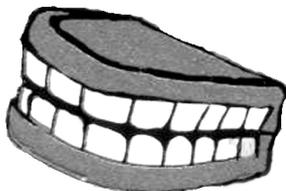
## And a Note on Dental Care

Most of us believe that proper dental care means flossing and brushing often — at a minimum, twice daily, as the American Dental Association recommends. Those who are particularly diligent may brush more often, after meals, snacks or sugary drinks. But research shows that brushing too soon after meals and drinks, especially those that are acidic, can do more harm than good. Acid reflux poses a similar problem: While it might seem like a good idea to brush after a reflux episode, doing so can damage your teeth.

Acid attacks the teeth, eroding enamel and the layer below it, called dentin. Brushing can accelerate this process, said Dr. Howard R. Gamble, president of the Academy of General Dentistry. "With brushing, you could actually push the acid deeper into the enamel and the dentin," he said.

In one study, a group of volunteers were followed for three weeks as researchers examined the impact of brushing on their teeth after they drank diet soda. The scientists found an increase in dentin loss when brushing in the 20 minutes after drinking soda. But there was considerably less wear when brushing took place 30 or 60 minutes afterward. "It is concluded that for protection of dentin surfaces," the authors wrote, "at least 30 minutes should elapse before tooth brushing after an erosive attack."

In the meantime, to get rid of acid, Dr. Gamble suggested rinsing the mouth out with water or using an acid-neutralizing mixture: one part baking soda, eight parts water.



## July 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, July 3 July 17

(1st and 3rd Tuesdays) 7:00 AM  
(NOTE: Time change for summer months)

### Adopt a Park Iron Horse Cleanup

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



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

### Senior Pride Planning Meeting

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

### Saturday, July 21

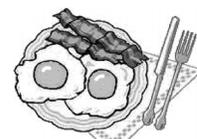
(every 3rd Saturday of the month)

### 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

contact: Carol Ehrlich 520-584-0339



### Saturday, July 28

### Monthly potluck

(every 4th Saturday of the month)

A Senior Pride lunch open to all  
Water of Life Metropolitan Community Church

3269 N Mountain Ave

12:00 Noon

Phone contact: Lee Roden/Merlin Spillers  
520-207-5336



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When it comes to age we're all in the same boat,  
only some of us have been aboard a little longer.

~ Leo Probst

We don't see things as they are, we see them as we are.

~ Anais Nin

**To get back one's youth one has merely to repeat one's follies.**

~ Oscar Wilde

*Youth, large, lusty, loving - Youth, full of grace, force,  
fascination. Do you know that Old Age may come after  
you with equal grace, force, fascination?*

~ Walt Whitman

**The idea is to die young as late as possible.**

~ Ashley Montagu