



# SENIOR Wingspan's Elder Voice FORUM

Volume 8 Issue 9  
September 2012

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

## Michael and Rick's 4 bits



Senior Pride notes with some sadness and disappointment the closing of Colors, our popular gay-owned and operated restaurant on Speedway Blvd. which offered an inviting venue for dinner and entertainment over the past years. We've seen many such closings in the present economy and we can expect to see more as Congress "fiddles while Rome burns".

But, again on a culinary note, this year marks the return of Wingspan's annual (we hope) dinner event taking place at the end of September. Though the venue will change from the Tucson Convention Center to the JW Marriott Starr Pass Resort, the dinner will mark the return of what has always been an anticipated event for Wingspan's supporters and community. The dinner has been absent since 2008, again due to the recession, so we hope many will be able to attend this year. Visit [www.wingspan.org](http://www.wingspan.org) for more information and details and to order tickets or contact Moureen Drury at Wingspan, 520.624.1779, ext. 118.



## Help De-fraud (not De-fund) Medicare

We've all been hearing about proposals to change Medicare, but whether you support the changes or not, one fact is undeniable: there is a lot of waste and fraud in the system. Some of the problem is human error, but it is estimated that as much as \$48 billion dollars in 2010 may have been fraudulently paid to

doctors and healthcare facilities for services not provided or for unnecessary services or procedures. Learn how to detect errors and fraud at a free class on Wednesday September 12th from 10 to 11AM, presented by trained PCOA volunteers at the Pima County Medical Society offices, 5199 E. Farness Dr. (near Rosemont and Grant Rd.). No registration is required, but for more information or directions, call Steve Nash of the Medical Society at 795-7985. We can all do our part to protect Medicare from unnecessary expenditures.

## Urgent or Emergency?

September's Council of Senior Citizens Organizations (COSCO) presentation deals with the differences between emergency care and urgent care and how to know which to use.

This can be an important determination, as we've all heard horror stories about 12-plus hour waiting times in ER's. No preregistration is required for this free Thursday, September 13th presentation, from 1 to 3PM at Tucson Medical Center's Senior Services Campus, 1400 N. Wilmot Rd. Three speakers will be on hand

from three different organizations. For details, call Jennie at PCOA, 305-3410.

## Support Our Supporters

For the past three years, Senior Pride has been an all-volunteer undertaking and Pima Council on Aging (PCOA) has been consistently supportive of LGBT seniors. A caregiver specialist attends our monthly planning meetings; Wingspan is listed in "Never Too Late", PCOA's monthly newsletter, as a

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## Support Our Supporters from pg 1

resource for LGBT senior information in their on-going community calendar (with the large Wingspan logo!); PCOA has caregiver specialists on staff who have volunteered to handle any questions or concerns relating to LGBT issues with respect (and discretion if desired); PCOA has purchased the documentary "Project Visibility" and related study materials dealing with the issue of LGBT seniors in assisted living environments and has been doing presentations and trainings with the staff of facilities and home healthcare agencies to make them aware of the unique situation that our community members might encounter (and recently did a presentation for residents of one facility - read the article on page 3 in this issue).

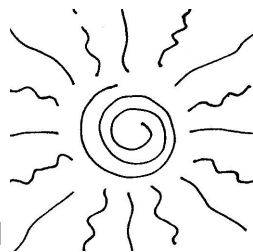
PCOA helped plan and coordinate a very successful elder open house at Wingspan in January of 2011; they are assisting in bringing "Gen Silent", another documentary about LGBT seniors in assisted living environments, to Tucson (see related article); and they will be presenting "Project Visibility" as part of a community discussion on LGBT issues in November (see advance notice in this issue).

So hopefully, you've learned how supportive PCOA is to our community. Wingspan is a member of the organization and we urge you to consider joining in support of an organization which supports us. Their monthly newsletter "Never Too Late" is available at no cost in all Pima County Libraries and lists events of interest to seniors, community resources, and articles relating to better health and well-being. You can join (a yearly membership costs as little as \$25) by mailing in the form in the newsletter, or going online to join at [www.pcoa.org/membership-center/](http://www.pcoa.org/membership-center/).

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## After the Long Hot Summer

You can tell that summer in Tucson is ending because after months of staying home or going to chilled movie theaters or "getting out of Dodge", there is a plethora (look that up in your Funk and Wagnall's) of activities. See the article (page 3) on the community showing and discussion of "Project Visibility" on November 8th. Then on



Saturday, November 10th, place and time to be determined, a team of attorneys, led by Wingspan board member and attorney Ron Zack, will provide a free clinic to Wingspan and other community members, allowing individuals to create a will, advance directives and powers of attorney. The clinic will be available to anyone, as these documents are of great importance and many of us keep procrastinating until it's too late. As of this time, it is hoped that appointments can be made in advance to meet with an attorney individually. See next month's Forum for more details and make it a point to not put it off any longer.

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## September Picnic/Potluck

The monthly Senior Pride Potluck happens on Saturday, September 22nd (4th Saturday) from noon to 2PM at the MCC Water of Life Church Social Hall, 3269 N. Mountain Ave. between Fort Lowell and Prince Rds. All are welcome to join us for food and conversation and possibly a board game or two. Bring a dish to share. Beverages and utensils will be provided. At August's get-together we had about fifteen attendees and hope to get a few more this month. Come sit in the air conditioning and connect with others.

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## Artificial Butter Flavoring Ingredient Linked to Key Alzheimer's Disease Process

A new study raises concern about chronic exposure of workers in industry to a food flavoring ingredient used to produce the distinctive buttery flavor and aroma of microwave popcorn, margarines, snack foods, candy, baked goods, pet foods and other products. It found evidence that the ingredient, diacetyl (DA), intensifies the damaging effects of an abnormal brain protein linked to Alzheimer's disease. The study appears in ACS' journal Chemical Research in Toxicology.

Robert Vince and colleagues Swati More and Ashish Vartak explain that DA has been the focus of much research recently because it is linked to respiratory and other problems in workers at microwave popcorn and food-flavoring factories. DA gives microwave popcorn its distinctive buttery taste and aroma. DA also forms naturally in fermented beverages such as beer, and gives some

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## Project Visibility Presented to Nursing Facility Residents

**Project Visibility** is a training to help service providers become more informed, sensitive to, and supportive of the needs of Lesbian, Gay, Bisexual, and Transgender older adults and their families. It was developed by Boulder County Aging Services, and has received awards from the National Association of Area Agencies on Aging and the National Association of Counties.

*Pima Council On Aging, in collaboration with Wingspan Senior Pride and other community agencies, offers this cultural competency training for staff at assisted living facilities, nursing homes, and home health agencies, to increase awareness of the strengths and needs of LGBT older adults.*

Recently, one facility that requested a Project Visibility Training was Devon Gables Healthcare Center. 25 of their staff attended the training, and administrators were excited about adding this training to new staff orientation in the future. Devon Gables staff that attended the training suggested offering a showing of the DVD to interested residents of the long term care facility for discussion.

The facility's Activities Director coordinated a time for a group of interested residents to gather. They watched the Project Visibility DVD and engaged in a lively discussion about the issues, facilitated by PCOA staff.

One resident asked what transgender means. Another talked about a relative who had been in the closet his whole work life and discussed the sadness of that person not being able to be himself except at home. Residents expressed empathy for the LGBT older adults in the film, and said the point was, "Treat all people with respect."

The president of the Resident Council suggested a follow up presentation with older LGBT adults as speakers describing problems they have faced.

Devon Gables showed dedication to being gay friendly by inviting in this Project Visibility training for staff and this presentation for residents.

There will be a free Community Showing of Project Visibility, at the Jewish Community Center, on Nov. 8, 10-11:30, and this will be co-sponsored by PCOA and the LGBT Jewish Inclusion Project.

**To schedule a Project Visibility training at your agency, call the PCOA Help Line at 520-790-7262.** Our goal is to help our community's service providers ensure that older LGBT adults receive long term care services that are welcoming, respectful, and safe for them.

Reported by  
Sandy Davenport, LMSW  
PCOA Caregiver Specialist

<b>September 2012</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> <b>Labor Day</b>	<b>4</b> Iron Horse Park Cleanup 7:00 AM	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b> Wingspan Senior Pride Meeting Himmel Library 2:00 PM	<b>12</b> PCOA Presentation Medicare Fraud 10 - 11 AM (see article for details)	<b>13</b> COSCO Presentation TMC El Dorado Campus 1 - 3 PM	<b>14</b>	<b>15</b> 40s and Better Breakfast Group 9:30 – 11:00 am
<b>16</b>	<b>17</b>	<b>18</b> Iron Horse Park Cleanup 7:00 AM	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Senior Pride potluck Metropolitan Community Church 12 Noon
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> Wingspan Dinner Starr Pass
<b>30</b>						

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

## Wingspan Dinner 2012!

The Annual Wingspan Dinner is back and better than ever! The dinner will be held on Saturday, September 29th at the JW Marriott **Starr Pass Resort and Spa**. The event will feature **Wingspan's Annual Community Awards** and a **keynote address by Susan Stryker, Ph.D.**, Associate Professor and Director of the University of Arizona's Institute for LGBT Studies. The evening's entertainment will be rounded out with **Palm Springs** comedienne and entertainer, **Shann Carr**. **David Morden of Rogue Theatre** will be the Master of Ceremonies, with **dancing and casino tables** to follow. The cost of the event is \$125 per ticket, or \$1,250 for a table of ten.

*Call Moureen Drury, Development Operations Coordinator, at (520) 624-1779 ext 118 if you want more information about Wingspan Dinner 2012, or visit the Wingspan website at [www.wingspan.org](http://www.wingspan.org).*

**We look forward to seeing you there!**

### Artificial Butter from pg 5

chardonnay wines a buttery taste. Vince's team realized that DA has an architecture similar to a substance that makes beta-amyloid proteins clump together in the brain - clumping being a hallmark of Alzheimer's disease. So they tested whether DA also could clump those proteins.

DA did increase the level of beta-amyloid clumping. At real-world occupational exposure levels, DA also enhanced beta-amyloid's toxic effects on nerve cells growing in the laboratory. Other lab experiments showed that DA easily penetrated the so-called "blood-brain barrier," which keeps many harmful substances from entering the brain. DA also stopped a protective protein called glyoxalase I from safeguarding nerve cells. "In light of the chronic exposure of industry workers to DA, this study raises the troubling possibility of long-term neurological toxicity mediated by DA," say the researchers.

## September 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, September 4 September 18

(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, September 11 (2nd Tuesday)

### Senior Pride Planning Meeting

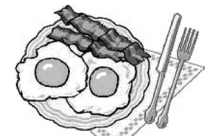
2 PM at Himmel Park Library, 1035 N. Treat Avenue (off Speedway) ph: 594.5305

### Saturday, September 15

(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



### Saturday, September 22

### 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

### Saturday, September 29

### Wingspan Annual Dinner

JW Marriott Resort and Spa



430 E. 7th Street  
Tucson, AZ 85705

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RETURN SERVICE REQUESTED

Choose a job you love, and you will never have to work  
a day in your life.

~ Confucius

**All labor that uplifts humanity has dignity and importance  
and should be undertaken with painstaking excellence.**

~ Martin Luther King, Jr.

*Laziness may appear attractive, but work gives satisfaction.*

~ Anne Frank

There is a vast world of work out there in this country, where  
at least 111 million people are employed in this country alone -  
many of whom are bored out of their minds. All day long.

~ Richard Nelson Bolles (Author, "What Color is Your Parachute?")

**If you don't want to work you have to work to earn  
enough money so that you won't have to work.**

~ Ogden Nash