



SENIOR Wingspan's Elder Voice FORUM

Volume 9 Issue 1
January 2013

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

Michael and Rick's 4 bits



Wingspan Senior Pride wishes everyone in our readership a Happy New Year 2013!. The past year has seen some great progress in the advancement of LGBT issues across the country, although we all know that there remains much to be done. Join us in 2013 to continue our efforts here in Tucson as well as any other location in which you find yourselves.

We'd like to direct your attention to page 3 of this month's issue. It's a slightly edited version of an article that came to our attention a couple of months ago via PCOA. It mentions a couple of websites that may be of interest to you - places we've just discovered, although some of you may already know about them. One is www.10thousandcouples.com which is a free online e-magazine with articles, links to other sites and just generally interesting reading to the senior LGBT community. Another is the LGBT Elder Initiative (LGBTEI) which "fosters and advocates for services and resources that are culturally competent, inclusive, and responsive to the needs of LGBT older adults." Visit this site at www.lgbtei.org for more of the same - blogs, links to helpful websites, etc. Old Lesbians Organizing for Change (www.oloc.org) is also referenced and proves that age has nothing to do with our abilities to contribute to the efforts which concern us.

And lastly, we want to give a shout again to Gary LaCroix, our master formatter and final producer of the Senior Forum you receive in the mail or see online. Gary now lives right here in Tucson with the rest of us and continues his fine

work with us in producing the Forum each month. Many thanks, Gary, and the best for 2013!

Become More Welcoming

As you may have read a few months ago, the Wingspan Welcome Center has expanded its hours from 11AM to 5PM Monday through Friday. This has meant that more volunteers are needed to staff the desk, answering the phone and

welcoming drop-in visitors to the center. Any current open time slots have to be filled by staff (who are overworked already), so please, if you have a 3-hour time slot that you can volunteer to fill once a week (from 11AM to 2PM or 2PM to 5PM), please consider helping to make our community center more available to those seeking information and assistance. It says a lot about a community when there is a consistently-open center to serve the needs of our community.

As you have probably heard many times, seniors who are engaged with others, who have a routine and feel useful tend to stay healthier and more mentally fit than those who isolate and keep to themselves, so why not think about spending some time helping Wingspan and yourself? Call Jim Hohman at 624-1779 ex. 124 and leave a message expressing interest. As Jim himself is a volunteer, he may not get back to you immediately, but he will contact you and give you details about the welcome center needs or other volunteer opportunities. If you are a computer user you can also email us at seniorpride@wingspan.org. The next volunteer training takes place on Saturday, January 19th from 9AM to 2PM at Wingspan, so if you call, you can get trained quickly and start contributing to a more vibrant and supportive community.

HAPPY NEW YEAR

Lovin' Life After 50

The 25th annual Lovin' Life After 50 Expo takes place this year on Monday, January 7th from 9AM to 2PM at the Doubletree Hotel, 445 S. Alvernon Way. This event is free and open to the public and offers many booths with information about travel, retirement living, healthcare, home repair, education, financial services and more, including many giveaways and an hourly drawing for cash and prizes. Musical entertainment will be provided by Joe Bourne, a local singer. Drop in and learn about some of the options available to seniors in Tucson.

A Request for Our Help and Participation (refer to the December issue of Senior Forum)

Last month we printed a request from Ms. Maya Pignatore at the University of Colorado School of Medicine asking for help in completing a brief survey she's conducting for her PhD dissertation. Senior Pride has been in touch with her both by email and telephone. She still needs people to participate in order to reach her goal of 300 respondents. Here is the latest update from Maya:

"I'm planning to get about 300 people for the survey. I currently have about 220. It will probably be up and running through the first half of January, but I will have to shut it down when I get 300 participants. It would be great if you could continue to help me advertise it. **I still need women and bisexual participants in particular.** I've had a lot of gay men participate, so I'm trying to stir up more recruitment for the other groups."

The survey is completely anonymous (not even IP addresses are tracked). It takes about 20 minutes and consists of multiple choice questions with a few places for open answers and feedback. The study's goal is to assess identity development and well-being in older adults who experience same-sex attractions. Anyone who completes the survey is eligible to receive a \$10 amazon.com gift card if they so desire. This survey's results will be used to better our understanding of older adults who have same-sex attractions. It will also aid psychologists and people in helping professions develop better services for this population and shape our understanding of what aging is like for same-sex attracted individuals. Anyone who has any

questions can contact me at pignator@nova.edu.

To see the survey, please go to:
www.surveymonkey.com/s/GIQOlderAdults

The 411 on One-One's

We all know about 911 and 411, but do you know about 211? If you dial 211 or 877-211-8661 or go to <http://www.211arizona.org>, you can get information about any health and human services available in Arizona. Information about utility assistance payment programs; home repair, rehabilitation and weatherization programs; food assistance programs; caregiver support; transportation assistance; disability services and much more. Pima Council on Aging can also provide any information you need by calling 790-7262. Don't hesitate to get assistance if you need it or anticipate a future need. Pima Council on Aging has repeatedly stressed how frequently seniors wait until a crisis develops before acting. This necessitates last-minute action, which sometimes causes delays in support or services. It can't hurt to check out some of the available services ahead of time and keep the information handy in case you need it.

TMC Senior Services Presentations

The following presentations by Tucson Medical Center's Senior Services are free and open to the public and take place at their campus at 1400 N. Wilmot Rd. Please call 324-4345 to pre-register.

Monday, January 14th from 2 to 3:30PM
Brain Fitness - Learn about the latest research on maintaining brain fitness and some of the newest brain training exercises.

Tuesday, January 15th from 9 to 10:30AM
Deep Brain Stimulation - Learn how this technique is being used to treat some brain conditions.

Thursday, January 17th from 9 to 10AM -
Stress, Depression and Anxiety
Healthcare professionals talk about dealing with chronic illness and provide some coping strategies.

Thursday, January 24th from 1 to 2PM
New to Memory Loss - An informational talk for those recently-diagnosed with memory loss or their caregivers.

Monday, January 28th from 10 to 11AM

Aging LGBTs: What's in a Name?

By [10,000 Couples Contributors](#) Thu, Nov 01, 2012

What does it mean to be “alive and kickin’ ” for LGBT seniors?

Society certainly has many words to describe our aging folks, including *the new old age*, *silver foxes*, *graying*, *aging*, *older*, *old*, *sage*, *senior*, *elder*, *elderly*, *senior citizen*, *baby boomer*, *boomers*, *coming of age*, *old-old v. young-old*, *decades of aging*, *welllderly* (blend of "well" and "elderly"), and *the third age*. Coming across all the terms makes me wonder how our aging community feels about these words and what growing older means to them.

If you think about it, “seniors” are viewed by society as a homogeneous population, even though, as a group, seniors span over 50 years. Lumping generations together is more reflective of society’s ageism, rather than creating a useful category to address real issues and needs. Within that 50-year span, older adults are actually in many different stages of life and development. The term “decades of aging” refers to the diversity of needs that are typically found from decade to decade by seniors. In other words, seniors 50-59 will have different (along with some similar) needs than do seniors in the 60-69, 70-79, 80-89, and later decades of aging.

From a historical perspective, let’s not forget that in each decade there have been seismic changes. These have profoundly influenced society, especially with regard to civil and human rights issues, such as the end of segregation, the liberation of women, the HIV epidemic, and the ever-changing world of “LGBT rights,” as we know it today.

The words "old," "aged," and "aging" can have positive connotations when we use them to refer to a “golden oldie” (e.g., a favorite song from the past) or to wine or cheese. They can have negative connotations when we apply them to people. However, the word “old” has been reclaimed by [Old Lesbians Organizing for Change](#) and other groups as an expression of pride in aging.

“Elder,” for many, signifies great wisdom and experience. In many societies and cultures, elders are revered. An African proverb says, “The death of an old person is like the loss of a library.” These words describe the important role given to older adults in many African cultures.

The word “sage” can be defined as proceeding from, or characterized by, wisdom, prudence, and good judgment (e.g., sage advice). “Welllderly” has been coined to describe the new group of well, active, healthy older people who play a major role in society.

The term “third age” is used to characterize that period of our life span when work takes on less importance and other interests, such as hobbies, friendships, and life’s closure, occupy more time. It is a period when a person can fulfill their personal goals, dreams, and life plans. The adventure we are now free to choose involves new ways of work and new ways of love. These are important not only for our personal survival but also for society. In our third age, we are previewing new possibilities for society as a whole.

Baby boomers have transformed every stage of life they’ve experienced, and growing older is proving no different. The Civil Rights Movement, rock & roll, the sexual revolution, Stonewall and LGBT rights, the emancipation of women in the workplace, Vietnam, and the 1960s student movements were all transforming events for the now-older generations. The longevity revolution – possibly the greatest societal achievement of the 20th century – is something to celebrate. It could also be the greatest challenge of the 21st century. We must have the right policies and practices in place to provide support, and ensure equality, for LGBT seniors.

Only recently has focus turned to the needs of this community around food and nutrition, housing, economic opportunity, emotional support, intimacy, medical care, purpose, and respect. Much work has yet to be done in order to ensure that LGBT older adults have rights and opportunities to age successfully.

January 2013						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day	2	3	4	5
6	7 Lovin' Life After 50 Expo 9 AM - 2 PM Doubletree Hotel	8 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	9	10	11	12
13	14 TMC Presentation: 2:00 - 3:30 PM TMC Senior Center	15 Iron Horse Park Cleanup 9:00 AM TMC Presentation: 9:00 - 10:30 AM TMC Senior Center	16	17 TMC Presentation: 9:00 - 10:00 AM TMC Senior Center	18	19 40s and Better Breakfast Group 9:30 – 11:00 am
20	21	22	23	24 TMC Presentation: 1:00 - 2:00 PM TMC Senior Center	25	26 Senior Pride potluck Metropolitan Community Church 12 Noon
27	28 TMC Presentation: 10:00 - 11:00 AM TMC Senior Center	29	30	31 TMC Presentation: 1:00 - 2:30 PM TMC Senior Center		

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

TMC Senior Services Presentations from pg3

Vitamins - Get information on vitamins and their benefits.

Thursday, January 31st from 1 to 2:30PM

Home Safety and Fall Prevention - Learn how to create a safer home environment and prevent falls.

Monthly Potlucks

Our monthly potluck schedule has reverted back to the fourth Saturday of the month. This month's potluck will happen on the 26th of January. Come join others for some food and conversation from noon to 2PM. Beverages and utensils will be supplied, just bring something to share, either from your kitchen or your favorite market. MCC Water of Life is located at 3269 N. Mountain Ave., between Fort Lowell and Prince Rds.

If you have any questions, please call Lee or Merlin at 207-5336.

Humor Corner

A group of seniors were sitting around talking about all their ailments:



"My arms have gotten so weak I can hardly lift this cup of coffee," said one.
"Yes, I know," said another. "My cataracts are so bad; I can't even see my coffee."
"I couldn't even mark an "X" at election time, my hands are so crippled," volunteered a third.
"What? Speak up! What? I can't hear you!"
"I can't turn my head because of the arthritis in my neck," said a fourth, to which several nodded weakly in agreement.
"My blood pressure pills make me so dizzy!" exclaimed another.
"I forget where I am, and where I'm going," said another.
"I guess that's the price we pay for getting old," winced an old man as he slowly shook his head.
The others nodded in agreement.
"Well, count your blessings," said an ancient woman cheerfully, "Thank God we can all still drive."

January 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, January 15

(1st and 3rd Tuesday) 9:00 AM

(Note: Only one park cleanup day this month)

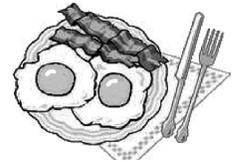
Adopt a Park Iron Horse Cleanup

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

Tuesday, January 8 (2nd Tuesday)

Senior Pride Planning Meeting

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



Saturday, Jan 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/Stone 9:30 - 11:00 am
Phone contact: Carol Ehrlich 520-584-0339

Saturday, January 26 Monthly potluck

The potluck is back on the 4th Saturday of the month unless otherwise noted.

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



430 E. 7th Street
Tucson, AZ 85705

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

RETURN SERVICE REQUESTED

*Each age has deemed the new-born year
the fittest time for festal cheer.*

~ Walter Scott

**Let our New Year's resolution be this: we will be
there for one another as fellow members of humanity,
in the finest sense of the word.**

~ Goran Persson

Write it on your heart that every day is the best day in the year.

~ Ralph Waldo Emerson

All of us every single year, we're a different person.
I don't think we're the same person all our lives.

~ Steven Spielberg

**Character is the ability to carry out a good resolution long
after the excitement of the moment has passed.**

~ Cavett Robert