



SENIOR Wingspan's Elder Voice FORUM

Volume 9 Issue 3
March 2013

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

Michael and Rick's 4 bits



Our big push for this month is to urge anyone and everyone to join us on March 7th from 8:30 to 10:30 AM (yes, we know it's really early and in the middle of rush hour) at Wingspan's Welcome Center for what we are calling a "visioning meeting" for Senior Pride. Sarah Bahnsen, Wingspan's AVP Advocate/Educator, is also acting as our Senior Pride liaison to the larger organization by attending our monthly meetings and other activities. She and others are coming together on that morning to further define our mission as a Wingspan program and brainstorm some

ideas for ramping up interest and participation in Senior Pride events and activities. We want to make Senior Pride a vital component of Wingspan's larger



mission and learn what the senior LGBT population needs and wants from Wingspan.

As we baby-boomers (birthdays from 1946 through 1964) enter the aging population in ever-increasing numbers over the coming years we will become a major segment of society at large. LGBT or not, we will make up a large portion of the general population, as we always have, and we will wield great social, political and economic clout if we remain involved in our own lives and well-being. We want to make Senior Pride just as important as Wingspan's other programs and be able to offer events, activities and services to the senior LGBT community that are important and meaningful.

This meeting is open to everyone who might be interested and have something to contribute

to forming the vision and mission of Senior Pride. Please consider joining us on March 7th!

Ages 'n Stages Expo Returns

Pima Council on Aging's (PCOA) annual active adult lifestyle expo happens on Friday, March 1st and Saturday, March 2nd from 10 AM to 4 PM at the Tucson Convention Center in downtown Tucson.

This free event features 125 booths and ongoing entertainment. Friday parking is free with a pass available at all local Walgreen's stores and Saturday parking in the TCC lot is \$8, or if you feel lucky you can try your luck on one of the streets (what the heck, get a little exercise!). Come learn about services and well-being available to our community.

Wheel Around the Saguaro

T-Squares, Tucson's LGBT and S square dance group, is hosting a fly-in from March 1st to the 3rd. A fly-in is a weekend dance and social event where non-Tucsonans are invited to join the group in Tucson to celebrate the fun and camaraderie of square dancing. Usually people also come to escape cold weather and snow, but they might get a surprise this year! If you were once a square dancer or know someone who was, this is a great opportunity to have some fun and test the old memory bank. Events include a Friday evening potluck and dance at the Old Pueblo Dance Hall, 613 E. Delano Street (near First Ave. and Ft. Lowell), dancing Saturday at the Miniature Time Machine, 4455 E. Camp Lowell Dr., and dancing Sunday morning back at the Square Dance Hall. For more information and registration, contact Barb at barbara.c.klein@gmail.com.



Living Healthy with Arthritis

This month's presentation about arthritis will be "Is There an Auto-immune Diet?" by Dr. Randy Horwitz. He will examine the role of different dietary interventions in the management of auto-immune diseases, including various forms of arthritis. The talk takes place on Wednesday, March 6th from 6 to 7:30 PM at University of Arizona Medical Center, 1501 N. Campbell Ave, in the Chase Bank Auditorium Room 8403. To register call 626-5040 or send an email to livinghealthy@arthritis.arizona.edu. Paid parking is available in the visitor's garage, or contact the above for possible free parking options.



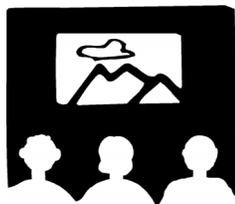
The talk takes place on Wednesday, March 6th from 6 to 7:30 PM at University of Arizona Medical Center, 1501 N. Campbell Ave,

Wonder Women (the Famous Amazon and More...)

On Monday, March 11 at 6:00 P.M., the Himmel Park branch of the Pima County Library will show WONDER WOMEN! The Untold Story of American Superheroines by filmmaker Kristy Guevara-Flanagan. Wonder Women! traces the fascinating evolution and legacy of the original comic book Amazon, Wonder Woman. From her creation in the 1940s to the super hero blockbusters of today, pop-culture's representations of powerful women often reflect society's anxieties about women's liberation.

This DVD screening is made possible by Independent Television Service – PBS

Independent Lens in cooperation with Pima County Public Library (PCPL) and shows under the program title, "Now Showing at Your Library." PCPL also works locally with Arizona Public Media (KUAT) to bring this to our community. **Hope to see you at the movies!**



One Way to be More Green

Metropolitan Community Church (MCC) will sponsor a Saint Patrick's Day dance Saturday, March 16th from 6:30 to 10 PM at the MCC

Water of Life Church, 3269 N. Mountain Ave, just north of Ft. Lowell Rd. Admission is \$5, refreshments will be available and a mix of music will be played, including some country and western for two-stepping. We all have a bit of the blarney in us, so come celebrate.

Scamperer or Wanderer?

Several years ago, the Senior Pride Adopt-A-Park crew, along with a couple of extra volunteers, helped remove trash and recyclables from the Arroyo Chico Wash, which runs through the Iron Horse Park, the usual Adopt-A-Park assignment near Broadway and Euclid Ave. We are considering another foray into the abyss, but there have been only 2 participants for the last year or so, and we could use some help. If you can scamper, you will descend into the bottom of the wash to retrieve items, but if this is too strenuous, you can wander along the upper edge and work on more even ground. Heavy items can be left for the regular crew and you can do whatever feels comfortable for you. We are planning a March date, before it gets too hot, and we'll probably start at 8AM on a weekday. If you are interested in helping out, please call Michael at 884-8320 for information or to volunteer. Let's all make Tucson a better, cleaner place to live.

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.



Wednesday, March 6th from 10-11:30 AM - **Five Things You Can Do For Arthritis** - Includes exercise, nutrition, medication, complementary and alternative therapies and self-management

Wednesday, March 13th from 2 to 3:30 PM - **Stroke - Causes and Treatments**

Monday, March 25th from 10 to 11 AM - **Supplements** - Learn about various

TMC Senior Services Presentations from pg 2

supplements, their benefits and possible drug interactions

Monday, March 25th from 1 to 2:30 PM - **Think Right - Explore the mind/body connection.** Learn how your thoughts create a mindset that helps or hinders your health.

PFLAG National Scholarship Program



You may have a child or a relative who is LGBT or know of people who do. If that person is college-bound, PFLAG encourages you to direct him/her to the following information:

This year PFLAG is very pleased to partner with the Alliance Fund of the Community Foundation for Southern Arizona to again offer scholarships to LGBT high school seniors headed to college, undergraduate students, and graduate students. The Alliance Fund has awarded us a \$2,500 matching grant for this purpose, allowing us to offer at least five **Gene Moore \$1,000 scholarships in addition to our annual Mark and Art Woodland \$1,000 scholarship.**

The PFLAG Scholarship program is a critical component of our Cultivating Respect: Safe Schools for All Program, rewarding hard work and leadership in the next generation. It is an opportunity to reach out to young people and acknowledge their role in building our community. What better way to show our commitment to students than to provide support for role models and pioneers around the country that are making schools safer for all students?

PFLAG's local and national scholarships are one of the many ways PFLAG supports LGBT and ally youth. Support the students in your community by encouraging them to apply for the PFLAG Scholarship Program.

PFLAG National Scholarships are made possible by several generous donations: The Palmer B.



Carson Trust, which established the program, and The GLAD (Gay, Lesbian and Allies at Dow) Employee Network. In addition, many individual donors have contributed to the fund.

You may write to us at P.O. Box 36264, Tucson, AZ 85740, or contact us at (520) 360-3795, or by email at pflagtuc@pflagtucson.org. Scholarships will be awarded in early May 2013 for the fall 2013 semester.

Eligibility Requirements

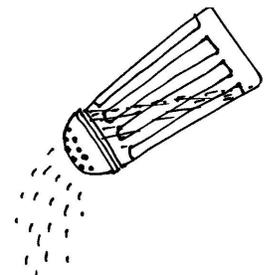
- You are a graduating senior entering higher education for the first time in 2013 (if you graduated in 2012 and took a year off you are still eligible to apply).
- Self identify as a gay, lesbian, bisexual, transgender (LGBT) or an ally
- Demonstrate an interest in service to the LGBT community.
- Have applied to an accredited higher education institution.

Applications must be received by March 31th. Applications materials are now available to download online at <http://www.pflagtucson.org/scholarships>.

Cutting Salt Could Save Hundreds of Thousands of Lives, Study Says

Steadily reducing sodium in the foods we buy and eat could save a half-million Americans from dying premature deaths over a decade, says a new study. And a more abrupt reduction to 2,200 milligrams per day--a 40% drop from current levels--could boost the tally of lives saved over 10 years to 850,000, researchers have projected.

The new estimates, published in the American Heart Assn.'s journal Hypertension, are the results of three separate teams crunching the numbers at the request of the Centers for Disease Control and Prevention. Researchers from UC San Francisco, Harvard University's School of Public Health and Simon Fraser University in Canada came at their estimates independently, but found that their results converged.



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March 2013						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Ages & Stages Expo at TCC 10 AM - 4 PM T-Squares Fly-In	2 Ages & Stages Expo at TCC 10 AM - 4 PM T-Squares Fly-In
3 T-Squares Fly-In Friday thru today (see newsletter for details)	4	5 Iron Horse Park Cleanup 8:00 AM	6 TMC Senior Svcs Presentation 10 - 11:30 AM Arthritis Lecture 6 - 7:30 PM	7 Senior Pride Visioning Meeting 8:30 - 10:30 AM at Wingspan	8	9
10	11 Film: Wonder Women Himmel Park Library at 6 PM	12 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	13 TMC Senior Services Presentation 2 - 3:30 PM	14	15	16 40s and Better Breakfast Group 9:30 - 11:00 AM St. Patrick's Day Dance 6:30 to 10 PM at MCC
17 St. Patrick's Day	18	19 Iron Horse Park Cleanup 8:00 AM	20	21	22 Lesbian Looks Film "Morir de Pie" (Die Standing Up) www.lesbianlooks.org for details	23 Senior Pride potluck Metropolitan Community Church 12 Noon
24	25 TMC Senior Services Presentations 10 - 11 AM and 1 - 2:30 PM	26	27	28	29	30
31						

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

Cutting Salt Could Save... from pg 3

If the average daily sodium intake of Americans were to drop instantaneously to 1,500 milligrams per day--a steep drop to a level considered "ideal"--as many as 1.2 million premature deaths could be averted over the course of a decade, the teams agreed.

Humor Corner



A distraught senior citizen phoned her doctor's office. 'Is it true,' she wanted to know, 'that the medication you prescribed has to be taken for the rest of my life?'

'Yes, I'm afraid so,' the doctor told her. There was a moment of silence before the senior lady replied.

I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'.

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anesthesia, he asked to speak to his son.

'Yes, Dad, what is it?'

'Don't be nervous, son; do your best and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife....'

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

The older we get, the fewer things seem worth waiting in line for.

Some people try to turn back their odometers. Not me! I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

When you are dissatisfied and would like to go back to youth, think of Algebra.

You know you are getting old when everything either dries up or leaks.

Elder Wisdom Circle

A group is forming to celebrate what we, as elders, have learned in our lives... and it is not about operating a SmartPhone10. Let's talk and discuss what we would share with the younger generations in a culture that does not seem to value its aging population. contact: Gary 520-510-7835

March 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, March 5 & Tuesday March 19 (1st and 3rd Tuesday)
8:00 AM (Note time change again)

Adopt a Park Iron Horse Cleanup

Iron Horse Park 10th Street between 3rd & 4th Ave.



Tuesday, March 12 (2nd Tuesday) Senior Pride Planning Meeting

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

Saturday, March 16

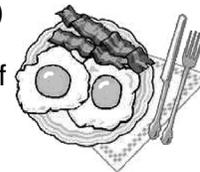
(every 3rd Saturday of the month)

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, February 23 Monthly potluck

A Senior Pride lunch open to all
Water of Life Metropolitan Community Church
3269 N Mountain Ave. 12:00 Noon
Contact: Lee Roden/Merlin Spillers
520-207-5336



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**This, then, is the test we must set for ourselves; not to march alone
but to march in such a way that others will wish to join us.**

~ Hubert H. Humphrey

A best friend is like a four leaf clover:
hard to find and lucky to have.

~ Author Unknown

*Friendship is born at that moment when one
person says to another: "What! You too?
I thought I was the only one.*

~ C.S. Lewis

It is what you do from now on that will either move our
civilization forward a few tiny steps, or else...
begin to march us steadily backward.

~ Patrick Stewart

Never iron a four-leaf clover, because you don't want to press your luck.

~ Author Unknown