



SENIOR Wingspan's Elder Voice FORUM

Volume 9 Issue 9
September 2013

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

Michael and Rick's 4 bits



Summer's on the wane and September and October are looking good! We have some major events coming up in these two months and I hope they will be of interest to a lot of people. First, there is our local celebration of Latino Pride coming up on September 14th and continuing thru the following week. Then there is the Wingspan Annual Dinner on September 21st. After that there is a major conference of the Presbyterian church taking place here in Tucson on September 27-29 sponsored by More Light Presbyterians. See page 3 for more details on both of these events.

A Request for Help from Phoenix Wheeler

Phoenix is a member of our senior community and active in Senior Pride. She needs to find someone who can do some sewing alterations for her - someone with the skills of a tailor or a seamstress. Her particular need is for someone with a sewing machine that can handle heavier fabrics such as canvas or leather. Many of you know that we recently lost Merle Hudson who passed away a few weeks ago just before turning 92. Merle was known for his tailoring work which he did out of his home for many years. If you know of someone who has these skills, please contact Phoenix at 520.751.2332.

Problems of the Foot and Ankle" by L. Daniel Latt MD, Associate Professor of Orthopedic Surgery, on Wednesday, September 4th from 6 to 7:30 PM in the Chase Bank Auditorium, Room 8403.

As always, parking is available for \$1.50 per hour in the visitor/patient garage. Free parking is available after 5 PM in the U of A Zone 1 lot 2030, south of the parking garage at E. Mabel St. and N. Martin Ave.

Please register for these free presentations by emailing livinghealthy@arthritis.arizona.edu with your name and phone number or by calling (520) 626-5040.



Puertas Abiertas' Latin Pride Week

Saturday, Sept 14th through Friday, Sept. 20th

SOMOS – Latin Pride Week

- Saturday, Sept. 14th – Kickoff

Fiesta! Mr. and Mrs. Latin@ Pride Pageant @ IBT's

- Sunday, Sept. 15th – Dia de la Familia/Family Day Picnic

- Monday, Sept. 16th – LGBTQ and Allies Art Show "SOMOS"

- Tuesday, Sept. 17th – LGBTQ Movie Viewing

- Wednesday, Sept. 18th – Food Truck Drag!

- Thursday, Sept. 19th – Odyssey Story Telling

- Friday, Sept. 20th – Pachanga and Cumbias Night

Living Healthy with Arthritis

The September presentation will be "Solving

Visit the Puertas Abiertas Facebook page or Wingspan's website for more details.

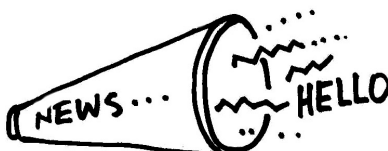
Chart Your Path: Claim Your Future
Black Women's Task Force Conference
September 20, 2013 La Paloma Resort

Full Day Conference, with Workshops that include:

- Using Social Media to Boost Your Career
- Brain Care as We Live Longer
- Navigating Ethical Landmines in the Workplace
- Lean In: Women and Work
- Negotiation Skills
- Planning Success in Your Career
- Tucson Slide Society

For registration information, contact

www.blackwomenstaskforce.org or call 520-303-3065



Date: Thursday, Sept. 26,
1:30-3:00

Location: TMC Senior
Services, 1400 N. Wilmot Rd.
RSVP: 305-3413

June 30. Thanks to everyone for your participation in helping this happen!

Our next training:

Project Visibility – Free Presentation by Pima Council on Aging – to help care providers become more informed, sensitive to, and supportive of the needs of Lesbian, Gay, Bisexual, and Transgender older adults and their families.

This will appear in the TMC Senior Services Calendar and be open to the public. Feel free to invite anyone you think may be interested. The Alzheimer's Association staff, and ALTCS case managers from Mercy Care and Evercare/United, who couldn't attend the prior trainings, have been invited. Suzy Bourque will be the trainer for this one.

The 2013 Wingspan Annual Dinner
Saturday, September 21st

In 2012 we witnessed a successful return to the Annual Wingspan Dinner! Our phenomenal community came together in a celebration of diversity to support YOUR LGBT community center.

This year's dinner will celebrate Wingspan's 25th anniversary!

2013 Annual Dinner

Date: Saturday, September 21, 2013

Time: Event starts at 7:00 pm

Location: DoubleTree Hotel Reid Park at 445 S. Alvernon Way

Cost: \$125 per ticket

Two ways to purchase tickets/sponsorships:

1. Purchase Individual Tickets Online via Secure Payment;
2. Purchase Sponsorship Online via Secure Payment;
3. Purchase either by phone:

Call Lauren at Wingspan Development – 520.624.1779 ext. 118

Have your credit card handy

New Forum for LGBT Seniors
to be Held in October

Based on the popularity of last year's presentation of **Gen Silent**, Wingspan has scheduled a new forum, **Successful Aging - The LGBT Perspective** to be held on Sunday, October 20th from 2:00 to 4:00 pm, at the Jewish Community Center, located at 3800 E. River Road.

This forum is co-sponsored by the University of Arizona Center on Aging, the University of Arizona Institute of LGBT Studies, and the Pima Council on Aging.

Speakers will present on the following topics:

The US Supreme Court overturned DOMA – What are the consequences for us? This will review impacts on social security, taxes, inheritance laws and other spousal benefits. Information will also be provided on necessary steps and documents to help us get our affairs in order.

The care and feeding of our brains – How to help our brains stay healthy. New findings on methods to help us stay sharp

Project Visibility Update

569 people received Project Visibility Training from us in the fiscal year ending

More Light Presbyterians (MLP) 2013 National Conference

St. Mark's Presbyterian Church
3809 E. Third St.
Tucson, AZ 85716

Join More Light Presbyterians (www.mlp.org) for our 2013 National Conference at St. Mark's Presbyterian Church in Tucson, Arizona, September 27-29. With a dynamic and diverse group of preachers and workshop leaders, we will gather to sing, pray, learn, and organize to act for justice in the PC(USA) and in civil society.

LGBTQ people have long known what it was like to be treated like strangers in their own church. As we move forward into a PC(USA) that has removed restrictions on our people's qualifications for ordination, and as we seek full marriage equality in the church and society, we gather in a city with congregations who are working on behalf of the immigrant in the context of Arizona's draconian immigration laws. Our host church, St. Mark's Presbyterian, has a long history of justice work on sanctuary, border, and immigration issues. St. Mark's provides an office for "No More Deaths" as well as housing and services for a variety of border-related projects.

On-site conference check-in/registration will begin Friday, September 27 at 1 p.m. at St. Mark's Presbyterian Church. The first official conference event will be dinner on Friday evening at 5:30 p.m. The conference will conclude on Sunday, September 29, following the morning worship service and a light lunch.

Prior to the beginning of the conference on Friday, September 27, we will offer a dynamic **Building an Inclusive Church** training from 9am to 5pm. This curriculum was developed in partnership with our ecumenical sister organizations and the Institute for Welcoming Resources. It teaches conversational models that have been effective in growing the Welcoming Church movement, and that were the basis for the successful campaign to defeat the anti-gay marriage amendment in Minnesota last November.

MLP is offering a one-day version of this training as a pre-conference workshop. There is no extra fee, but please note your participation on your registration form. Full details of everything that will be taking place at the conference can be found on the MLP website (www.mlp.org/2013/05/02/mlp-national-conference-2013)

Of particular interest to our local Tucson LGBTQ community will be a Saturday joint concert by our two choruses, **Desert Voices and Reveille Mens' Chorus**. Music for Sunday worship will be a jazz service led by our own Rev. Mike Smith (former MLP board member), and featuring **Lisa Otey and Diane Van Deurzen**.

Workshop Opportunities

- Rev. Debra Peevey on organizing for marriage equality in state campaigns and in the PC(USA).
- George Kerr of the Presbyterian AIDS Network, on HIV/AIDS criminality.
- Barbara Satin, of the Institute for Welcoming Resources on aging in the LGBTQ community.
- Rev. Da Vita McAllister on the cultural differences between people born before and after 1980 and how they affect young adult participation in the church.
- Nicole Garcia of ReconcilingWorks (ELCA) on the fluidity of gender identity over a lifetime.
- Panel discussion of leaders from the Southside Worker Center and Borderlinks on immigration, border culture and LGBTQ lives.

September 2013						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3 Iron Horse Park Cleanup 7:00 AM	4 Arthritis Lecture 6 - 7:30 PM Chase Bank Auditorium Room 8403	5	6	7
8	9 Senior Games Himmel Park Library Noon - 3:00 PM	10 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	11	12	13	14 Puertas Abiertas' Latin Pride Week is Saturday, Sept 14th through Friday, Sept. 20th
15	16 Senior Games Himmel Park Library Noon - 3:00 PM	17 Iron Horse Park Cleanup 7:00 AM	18	19	20 Black Women's Task Force Conference La Paloma Resort (see newsletter for details)	21 40s and Better Breakfast Group 9:30 - 11:00 am
22	23 Senior Games Himmel Park Library Noon - 3:00 PM	24	25	26 Project Visibility Meeting 1:30 - 3:00 PM (see newsletter for details)	27 More Light Presbyterians 2013 National Conference (see newsletter for details)	28 Senior Pride potluck - MCC 12 Noon MLP Conference Day 2
29 More Light Presbyterians 2013 National Conference (see newsletter for details)	30 Senior Games Himmel Park Library Noon - 3:00 PM					

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

mentally as we live longer.

Planning for our care as we age – Issues in long term care. What we need to know to prepare for our care needs. How Project Visibility trainings can help long term care providers to be responsive to us.

Community Resources – Getting the help we need. What assistance is available from our community and how we can access it.

We're entitled to lots of discounts at places

you'd never think of. Find out what they are.

This Forum will be free and will include: expert presentations, audience discussion, questions and answers, community resource information tables, and refreshments.

For additional information on this Forum, please contact Lauren Lamoly at Wingspan, llamoly@wingspan.org or (520) 624-1779 extension 118.

Humor Corner



I'm passing this on as I did not want to be the only old fart receiving it.

Actually, it's not a bad thing to be called, as you will see. Old Farts are easy to spot at sporting events; during the playing of the Star Spangled Banner. Old Farts remove their caps and stand at attention and sing without embarrassment. They know the words and believe in them.

Old Farts remember World War II, Pearl Harbor, Guadalcanal, Normandy and Hitler. They remember the Atomic Age, the Korean War, The Cold War, the Jet Age and the Moon Landing. They remember the 50 plus Peacekeeping Missions from 1945 to 2005, not to mention Vietnam.

If you bump into an Old Fart on the sidewalk he will apologize. If you pass an Old Fart on the street, he will nod or tip his cap to a lady. Old Farts trust strangers and are courtly to women.

Old Farts hold the door for the next person and always, when walking, make certain the lady is on the inside for protection.

Old Farts get embarrassed if someone curses in front of women and children and they don't like any filth or dirty language on TV or in movies.

Old Farts have moral courage and personal integrity. They seldom brag unless it's about their children or grandchildren.

It's the Old Farts who know our great country is protected, not by politicians, but by the young men and women in the military serving their country.

This country needs Old Farts with their work ethic, sense of responsibility, pride in their country and decent values.

I was taught to respect my elders. It's just getting harder to find them.

Thank God for Old Farts!

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 3 & September 17

(1st and 3rd Tuesday) 7:00 AM
(Note time change - summer weather is here!)

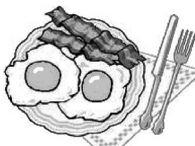
Adopt a Park Iron Horse Cleanup

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

Tuesday, September 10 (2nd Tuesday)

Senior Pride Planning Meeting

2 PM at Himmel Park Library
1035 N. Treat Avenue (off Speedway) ph. 594-5305



Saturday, September 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, September 28

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 520-398-6826



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Tucson, AZ 85705

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Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all.

~ Sam Ewing

Work is the curse of the drinking classes.

~ Oscar Wilde

Opportunities are usually disguised as hard work, so most people don't recognize them.

~ Ann Landers

The brain is a wonderful organ; it starts working the moment you get up in the morning and does not stop until you get into the office.

~ Robert Frost

Work is a necessary evil to be avoided.

~ Mark Twain