



SENIOR Wingspan's Elder Voice FORUM

Volume 10 Issue 4
April 2014

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

Michael and Rick's 4 bits



Senior Pride is 10 Years Old!

First some background and a brief history of Senior Pride, courtesy of Dea Brascgalla: Senior Pride began in 2004. Cathy Busha, Director of Programs, hired Bernice Goodman as a Senior Pride Consultant. She coordinated and implemented Rainbow Train, a program for LGBT seniors facing a nursing home or assisted living admission. Frances Coleman and Mary Ellen Deaurain assisted her as trainers.

In May of 2005, Pat Woelke was hired as the first Senior Outreach Specialist. She started developing the program in June and it went into effect in July after Wingspan moved from 6th St. to 7th St. in the large brick building. The program included monthly meetings of interested seniors who generated ideas of what they wanted as events. We enjoyed such social events as an ice cream social with the Eon youth, a costumed Halloween party, a Thanksgiving Dinner hosted by PFLAG, and a Valentine's Day Tea Dance. In addition, we adopted Iron Horse Park to clean twice a month as part of a Tucson Clean and Beautiful project. The park is still being cleaned regularly ten years later. All of the programs were fun filled and enjoyed by all.

Today, Senior Pride is still active and meets once a month to discuss ways in which to plan and promote events to keep seniors

involved with Wingspan. Our thanks to Dea Brascgalla for writing this synopsis of Senior Pride's history. See page 3 for her interview with Pat Woelke.

Spring Forward

Saturday, April 26, 7 pm (1 performance only)

Proscenium Theatre

Pima College West Campus
2202 West Anklam Rd, Tucson

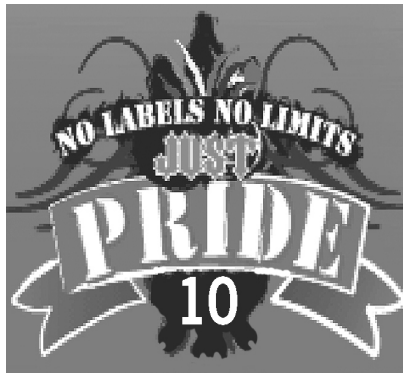
Join in a celebration of all things springy.

Desert Voices presents 'spring forward' - an exploration of the songs that weave into our nest, which blossom into spring. An evening to excite, awaken and renew.

Our next show 'spring forward' will pop onto the proscenium stage in April for one performance only. It's never too soon to order tickets. Get your 'spring forward' tickets from any chorus member or click

over to Eventbrite and order your tickets today.

Desert Voices thanks you for twenty-five years of support.



Wingspan Phonathon

Wingspan will be holding a fund-raising phonathon on April 15th and requests your participation if at all possible. We will be calling people who have donated to Wingspan in the past as well as trying to contact new prospective donors. All that is required is a good attitude and a thankful heart. If interested, please call the office at Wingspan, 624.1779 and ask to speak to the Development Office. As usual, these get-togethers can be fun and rewarding times for all involved.

Kent Burbank Honored by Planned Parenthood.

On Tuesday, March 13th, Wingspan attended "I Stand With Planned Parenthood" in Tucson. At this event, Planned Parenthood honored Kent Burbank for his longtime commitment to social justice and reproductive rights. Burbank is a former Wingspan Executive Director and is current Director of the Pima County Victim Services Division.

In his acceptance speech, Burbank joked that the attendees must be wondering why a middle aged gay man who never had to worry about reproductive rights is receiving honors from Planned Parenthood. But Burbank reminded the audience that current challenges to reproductive rights correspond to discriminatory Senate and House bills. Bills such as SB1070, SB1062, and HB2481 were pushed forward by the people who are fighting against reproductive rights. These are important words that we at Wingspan take very seriously. It is necessary to struggle against discrimination on all fronts, against racism, sexism, homophobia, and classism amongst innumerable other bigotries in order to end discrimination. Here at Wingspan we are proud of Kent Burbank and the Community Center that he helped build. We hope that we can make him proud of us.

Why Marriage Matters

Why Marriage Matters is a grassroots, public education campaign to build support for the freedom to marry in Arizona. This campaign is about sharing stories that every LGBT person is part of someone's family and should be treated with compassion and respect.

Go to their website www.whymarriagemattersarizona.org to read their official statement, donate, sign a pledge to support marriage, or volunteer to help. Contact Senator Paula Aboud at



paboud@msn.com for more information about meetings, etc.

In addition, on March 13, 2014, eight brave Arizona families filed a lawsuit challenging the state's discriminatory ban on marriage for same sex couples in Arizona. The suit was filed by Lambda Legal and is now the second case seeking the freedom to marry in the state of Arizona.

Senior Services Presentations

Tucson Medical Center Senior Services offers the following free presentations this month. As usual, they are open to the public, but pre-registration is required by calling 324-4345, as some of the presentations get filled up in advance. They take place at 1400 N. Wilmot Rd.



Wednesday, April 2nd from 10 to 11:30 AM - **Healthy Lifestyle Support** - Support and information to stay on track with healthy lifestyle goals.

Wednesday, April 9th from 10 to 11 AM - **The Neuroscience of Grief** - This session discusses the brain sciences behind this emotion and how the discovery of neuroscience is helping those who are grieving avoid long term depression.

Thursday, April 10th from 10 to 11:30 AM - **Diabetes Prevention** - Take control of your health by adopting habits to reduce your chances of developing type 2 diabetes.

Thursday, April 10th from 5:30 to 6:30 PM - **Orthopedic Lecture** - Strengthen Your Body.

Tuesday, April 29th from 1:30 to 3 PM - **Elder Law: Advanced Directives** - Legal seminar focused on the planning and practical application of advanced directives.

In addition, the week of April 14th - 18th is designated as Brain Week. This week will be full of presentations about brain care, health and recovery from damages due to illnesses or trauma. Call 324-4345 for full information.

Interview with Pat Woelke, Wingspan's First Senior Outreach Specialist

Dea Brasgalla: Who is Pat Woelke?

Pat Woelke: I come from a big Catholic family and have 9 brothers and 2 sisters. We lived in a small, rural community where everyone knew each other. In my first marriage, I had a daughter named Crystal and she used to come with me to events. After I left my husband and got a divorce, I married a psychologist. One day he asked, "Have you ever been with a woman?" I answered, "No!" He said, "I think you should try it!" So, I did, left him, got a divorce and have been with women ever since". (be careful what you ask for, you might just get it!).

DB: I remember a conversation with you at one of our meetings when we were discussing forms you fill out at the doctor's office. The question was: What type of contraceptives do you use? And you answered, "Women" We all had a big laugh over that one. You have one great sense of humor. You continued by telling me that you were a cast member of a comedy production called, "One in Ten", which was performed at the Student Union on U of A's campus, as well as doing a monthly street corner performance in Tucson.

PW: I attended massage school and worked as a massage therapist for 10 years, while going to the U of A studying social work. I graduated with a B.A. in Sociology. Between raising my daughter, work, studies and affairs, I was kept pretty busy.

DB: Where does your passion lie?

PW: I have always dreamed of working with the elderly population. Even as a small child, at age 5, I would help the elderly couple next door. I loved working with Frances in the garden. After graduation from U of A, I always worked in aging services. One job I had was as a Nursing Home Activity Director, developing programs for our senior clientele, 75% of whom were over 80 years of age.

DB: What or who inspires you?

PW: People who are truly alive and aware, especially seniors who have so much to contribute. Unfortunately, with our youth oriented society, their voices are not often heard and many are ignored.

DB: If you could wave a magic wand, what would Wingspan look like in 5 years?

PW: Wingspan has always been created by people who came there not knowing exactly how to proceed, but who would come together to promote fantastic projects and programs. I would like to see Wingspan grow and be vibrant again, offering the community a variety of programs. Lastly, I would like to see the "A Colorful Life" series start again and be video taped for future generations to enjoy".

by Dea Brasgalla, Senior Pride member.

April 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 TMC Presentation: 10:00 - 11:30 AM TMC Senior Center	3	4	5
6	7	8 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	9 TMC Presentation: 10:00 - 11:00 AM TMC Senior Center	10 TMC Presentation: 10:00 - 11:30 AM TMC Senior Center 5:30 - 6:30 PM TMC Senior Center	11	12
13	14	15 Iron Horse Park Cleanup 9:00 AM WINGSPAN PHONATHON	16	17	18	19 40s and Better Breakfast Group 9:30 – 11:00 am
20	21	22	23	24	25	26 Senior Pride potluck MCC 12 Noon DESERT VOICES CONCERT 7 PM PIMA WEST
27	28	29 TMC Presentation: 1:30 - 3:00 PM TMC Senior Center	30			

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

Save the Date(s)

2014 Treasures for Tihan Live and Silent Auction Party **Saturday May 31st**. More details to come. Call Scott at 299-6647, if you are interested in volunteering for pre-event opportunities or e-mail friends@tihan.org with any questions.

TIHAN's Volunteer Orientation will take place on **Tuesday April 22, 2014** from 1:00 to 5:00 pm. Call Alicia at 299-6647 for more information if you or someone you know may be interested in volunteering your talents with this wonderful organization.

Humor Cornor - More Embarrassing Medical Exams



1. During a patient's two week follow-up appointment with his cardiologist, he informed me, his doctor, that he was having trouble with one of his medications.

"Which one?". . . I asked. 'The patch... The nurse told me to put on a new one every six hours and now I'm running out of places to put it!' I had him quickly undress and discovered what I hoped I wouldn't see. Yes, the man had over fifty patches on his body!

Now, the instructions include removal of the old patch before applying a new one.

2. As a new, young MD doing his residency in OB. I was quite embarrassed when performing female pelvic exams. To cover my embarrassment I had unconsciously formed a habit of whistling softly.

The middle-aged lady upon whom I was performing this exam suddenly burst out laughing. And further embarrassing me. I looked up from my work and sheepishly said, 'I'm sorry. Was I tickling you?' She replied with tears running down her cheeks from laughing so hard . . . "No doctor, but the song you were whistling was . . . I wish I was an Oscar Meyer Wiener."

Dr. wouldn't submit his name.

April Events

Meander in Tucson Meetup Group

List of events for lesbian women
<http://www.meetup.com/MeanderinTucson>

Monday Mah Jongg

Every Monday (except holidays), 12:00 noon to 3:00 PM at Himmel Park Public Library branch, 1035 North Treat Ave.

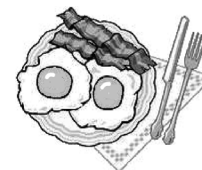
Tuesday, April 1 & April 15 (1st and 3rd Tuesday) 8:00 AM Adopt a Park Iron Horse Cleanup

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



Tuesday, April 8 (2nd Tuesday)
Senior Pride Planning Meeting
2 PM at Himmel Park Library
1035 N. Treat Avenue (off Speedway) ph.
594-5305

Saturday, April 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 and Stone
9:30 - 11:00 AM contact: Carol Ehrlich
520-584-0339

Saturday, April 26 Monthly potluck

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
520-398-6826





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Don't forget it's daylight savings time. You spring forward, then you fall back. It's like Robert Downey Jr. getting out of bed.

~ David Letterman

I want to do to you what spring does with the cherry trees.

~ Pablo Neruda

The garden of love is green without limit and yields many fruits other than sorrow or joy. Love is beyond either condition: without spring, without autumn, it is always fresh.

~ Rumi

I am going to try to pay attention to the spring. I am going to look around at all the flowers, and look up at the hectic trees. I am going to close my eyes and listen.

~ Anne Lamott

THE TRUE HARBINGER OF SPRING IS NOT CROCUSES OR SWALLOWS RETURNING TO CAPISTRANO, BUT THE SOUND OF THE BAT ON THE BALL.

~ Bill Veck