



SENIOR Wingspan's Elder Voice FORUM

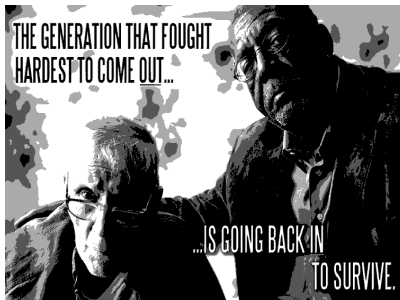
Volume 8 Issue 10
October 2012

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

Michael and Rick's 4 bits



This month's signature event is the FREE screening of "Gen Silent" at the Tucson Jewish Community Center (River Road and Dodge Blvd.) on October 21st at 2:00 PM. The film is a much-praised documentary dealing with the problems and fears of LGBT elders as they contemplate the possible necessity of long-term health care in nursing and assisted living facilities. Will medical and other "professional" staff be sensitive to and supportive of LGBT issues and concerns, or will the people who have done more than any previous generation to become visible and accepted into mainstream society have to face all the fears from which they have liberated themselves during their productive years? We urge everyone to avail themselves of this opportunity to see a fine film that will eventually concern us all and to partake in a panel discussion after the showing.



Candidate Forums

Do you know where your state legislative candidates stand on issues of importance to you as a senior? A series of forums will be held during the month of October to specifically address questions about aging issues. Hosted by Pima Council on Aging (PCOA), Council of Senior Citizens Organizations (COSCO), and other groups, these free forums have invited all Arizona House and Senate candidates to participate.

District 10 - Monday, October 1st from 10AM to Noon at PCOA 8467 E. Broadway

District 2 - Tuesday, October 2nd from 10AM to Noon at Quincie Douglas Neighborhood Center, 1575 E. 36th St. and Wednesday, October 3rd from 10AM to Noon at Casa de Esperanza Community Center, 780 S. Park Centre Ave., Green Valley

District 9 - Tuesday, October 9th from 10AM to Noon at Ellie Towne/Flowing Wells Community Center, 1660 W. Ruthrauff Rd.

District 11 - Wednesday, October 10th from 7 to 830PM at Sun City Vistoso Social Hall, 1495 E Rancho Vistoso Rd. Oro Valley and Thursday, October 11th from 10AM to Noon at Wheeler Taft Abbott Library, 7800 N. Schisler Dr.

District 3 - Friday, October 12th from 10AM to Noon at El Rio Neighborhood Center, 1390 W. Speedway Blvd.

Need more info? Call PCOA at 790-7262 or go to <http://www.pcoa.org>.

Medicare Health Fair

Pima Council on Aging (PCOA) (you've heard of them?) along with others will hold a health fair dealing with Medicare and senior issues on Thursday, October 4th from 9AM to Noon in the ballroom of the Armory Park Senior Center, 220 S. Fifth Avenue. This free event will feature a chair yoga session, a Matter of Balance session with exercises designed to improve strength and balance and a Zumba dance workout to lively music. PCOA staff and volunteers will be available to answer your Medicare-related questions. Representatives from local Medicare Advantage and Part D Drug plans, the Social Security Administration and local hospitals and service providers will also be there to provide information. Safeway will be offering flu shots, so bring your insurance card and get your seasonal flu shot at the fair.

Love Wins

The Wingspan Multifaith Working Group, the Jewish LGBT Inclusion Project and Grace St. Paul's Episcopal Church are hosting the 4th annual Multifaith Service "Love Wins" to be held at Grace St. Paul's Church, 2331 E. Adams St. from 7 to 9PM on Thursday October 11th.

TMC Senior Services October Presentations

Tucson Medical Center's Senior Services offers the following free presentations at their 1400 N. Wilmot Rd. campus. Please call 324-4345 to register or for more information.

Wednesday, October 10th:

from 10 to 1130AM - Five Things You Can Do For Arthritis

from 2 to 330PM - Headache and Neck Pain

Thursday, October 11th

from 530 to 630PM - Healthy Back - Physical and occupational therapists present exercises to support a strong spine

Thursday, October 25th

from 5 to 630PM - Bladder Health for Women

Tuesday, October 30th

from 2 to 330PM - Having Surgery? - Things you should know before you go

Wednesday, October 31st

from 9 to 10AM - Staying in One's Home - Discussion of reverse mortgages and other strategies for seniors with financial challenges who want to stay in their own homes

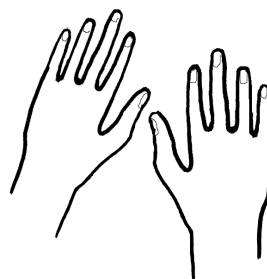
from 1 to 3PM - Fit at 50 and Beyond - A certified personal trainer discusses core strength, resistance training, endurance and flexibility

from 2 to 330PM - Surgical Weight Loss - Discussion of various surgical options and how they work

Positive Aging for Women Conference

This conference on October 11th from 9AM to 2PM takes place at St. Paul's Methodist Church, 8051 E. Broadway Blvd. east of Pantano Rd. There will be tips for the aging brain, presentations on eating for health and positive aging for the body, and a harp performance called "Let Your Spirit Soar". There is a \$10 charge for this event. For more information and to get a brochure mailed to you, call 324-2035.

Active Living with Arthritis Expo 2012



The Arthritis Foundation of Arizona presents a free half-day Expo on Wednesday, October 24th from 9AM to 1PM at the Jewish Community Center, 3800 E. River Rd. (at Dodge Blvd.).

Physician presentations, free health screenings, info booths, product displays and giveaways will be available. Call 602 212-9904 (Phoenix number) or email ejohnson@arthritis.org for more information.

Pride in the Desert

It's finally cooling down enough to be outside to celebrate our community solidarity. This year the gathering will be held on October 13th at Armory Park, downtown on 6th Avenue between 12th and 13th Streets, from Noon to 8PM. There will be no admission charge this year, but donations will be accepted at various locations throughout the park. There will be local entertainment and the usual speechifying, along with vendors and information booths.

Just before the celebration, the parade will take place on 6th Avenue starting at 18th Street and moving north to the park. The parade starts at 11AM, so come out and cheer on the marchers, then walk to the park and join in the festivities. Everyone loves a parade, right?

Upcoming Monthly Potlucks

Our monthly potluck schedule has been changed for the next three months. The October, November and December gatherings will all take place on the third Saturday of the month instead of the fourth. This month's potluck will happen on the 20th of October due to scheduling conflicts at MCC church.



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GenSilent

Community Screening & Discussion

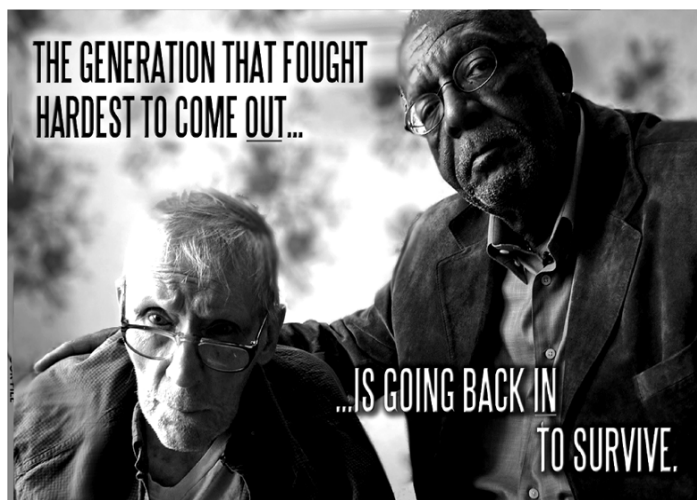
When: October 21, 2012 - 2:00pm

Where: Tucson Jewish Community Center Auditorium, 3800 East River Road

Contact: Wingspan, 624-1779

Online Info: www.wingspan.org

Cost: FREE to the Public



Event:

Community screening of critically acclaimed documentary followed by discussion regarding topics raised in the film. How do you continue to lead an open life when you must hide long time friends, spouses, entire lives in order to survive the care system? Do LGBT seniors need to go back in the closet? This event is hoping to address local needs and solutions for Southern Arizona LGBT seniors.

"Gen Silent," an award-winning documentary delineating the increasing isolation of aging gays, lesbians, and transgender people seeking health care, will be shown October 21 at 2:00 p.m. in the Tucson Jewish Community Center auditorium at 3800 E. River Road, and is **free to the public**.

Wingspan, Southern Arizona's Lesbian, Gay, Bisexual and Transgender Community Center, will present the free film screening to help raise awareness about the needs of LGBT 'Boomers' and older adults, in partnership with the Tucson International Jewish Film Festival, Pima Council on Aging and other local health service providers.

"'Gen Silent,' is a powerful film that puts a face on what experts in the film call an epidemic: lesbian, gay, bisexual and transgender older adults still afraid of discrimination in health care, and being forced to retreat back into the closet," said Kevin Maxey, a Wingspan board member and film screening organizer.

The film is especially relevant to health care professionals, long-term and in-home care providers, and lesbian, gay, bisexual and transgender older adults and their allies, said Sandy Davenport, a PCOA Caregiver Specialist. According to the National Gay and Lesbian Task Force, LGBT seniors are five times less likely to access senior services than heterosexual seniors.

A reception starts at 1:30 p.m. to enjoy light refreshments and mingle before the one-hour film screening starts at 2:00 p.m., followed by a post-film discussion of the issues at 3:00 p.m., presented by Wingspan Senior Pride and Pima Council on Aging. For details about the free event, call Wingspan at 624-1779 in Tucson, or visit online at www.wingspan.org.

October 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Iron Horse Park Cleanup 8:00 AM	3 Healthy Living with Arthritis 6 - 7:30 PM	4 Medicare Health Fair Armory Park Senior Center 9 AM - Noon	5	6
7	8	9 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	10 TMC Senior Services Presentations	11 Positive Aging for Women 9 AM - 2 PM 'Love Wins' Grace St. Paul's 7 - 9 PM	12	13 Pride in the Desert Armory Park Parade - 11 AM
14	15	16 Iron Horse Park Cleanup 8:00 AM	17	18	19	20 40s and Better Breakfast Group 9:30 - 11:00 am Senior Pride Potluck Noon - 2 PM - MCC
21 GEN SILENT Free film at Tucson JCC 2:00 PM	22	23	24 Active Living with Arthritis Expo 2012 Tucson JCC 9 AM - 1 PM	25 TMC Senior Services Presentation	26	27
28	29	30 TMC Senior Services Presentation	31 TMC Senior Services Presentations			

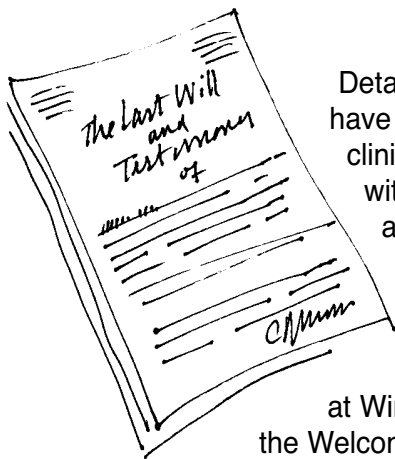
Due to space limitations in the calendar, see the newsletter itself for complete information for some activities.

Come join others for some food and conversation from noon to 2PM. Beverages and utensils will be supplied, just bring something to share. MCC Water of Life is located at 3269 N. Mountain Ave., between Fort Lowell and Prince Rds.

The potlucks for November and December were changed because of the holidays. We couldn't have too much of a good thing bunched together at the end of those months, so November's gathering will be on the 17th and December's will be on the 15th.

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

Advance Notice - Wills for Wingspan



Details for the Legal Clinic have been finalized! This clinic (you will actually leave with a will, power of attorney and /or advance directive or living will) will take place on Saturday, November 10th from 9AM to 1PM at Wingspan, 430 E. 7th St. in the Welcome Center. To schedule a one-hour time slot, you will need to:

- 1) Call Wingspan at 624-1779 during Welcome Center hours Monday through Friday 11AM to 2PM and speak to a desk volunteer or
- 2) Call 624-1779 and leave a message at extension 118 for Moureen with your preferred time
- 3) Or email seniorpride@wingspan.org with your name, phone number and preferred time and a confirmation will be sent to you. Appointments are on the hour at 9AM, 10AM, 11AM or Noon. Parking is in the Wingspan lot.

Before coming to your scheduled appointment, you will need to fill out forms with the necessary information (names, addresses, assets, beneficiaries, etc.) in order to assist the attorneys in creating your documents. These forms can be mailed to you by:

- 1) Calling Wingspan at 624-1779 and giving a volunteer your name and address or
- 2) Calling 624-1779 and leaving a message at extension 118 for Moureen with your name and address or

- 3) You can download them from the Wingspan website by going to <http://www.wingspan.org/>, clicking on Programs on the right side, scrolling down to Senior Pride, then on the left side click on "Wills for Wingspan" and download the forms. There will only be 12 slots for this clinic, so call as soon as possible to schedule your appointment.

October 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, October 2 October 16

(1st and 3rd Tuesdays) 8:00 AM

Adopt a Park Iron Horse Cleanup

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



Tuesday, October 9 (2nd Tuesday)

Senior Pride Planning Meeting

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

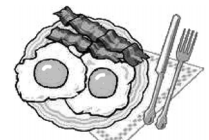
Saturday, October 20

(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, October 20

Monthly potluck

THE POTLUCK WILL BE ON THE 3rd SATURDAY OF THE MONTH FOR THE REST OF 2012

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

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If human beings had genuine courage, they'd wear their costumes every day of the year, not just on Halloween.

~ Doug Coupland

Charlie Brown is the one person I identify with. C.B. is such a loser. He wasn't even the star of his own Halloween special.

~ Chris Rock

There is nothing funny about Halloween. This sarcastic festival reflects, rather, an infernal demand for revenge by children on the adult world.

~ Jean Baudrillard

On Halloween, the parents sent their kids out looking like me.

~ Rodney Dangerfield

This Halloween, the most popular mask is the Arnold Schwarzenegger mask. And the best part? With a mouth full of candy you will sound just like him.

~ Conan O'Brien