



SENIOR Wingspan's Elder Voice FORUM

Volume 8 Issue 8
August 2012

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

Michael and Rick's 4 bits



Wingspan Senior Pride now has its own email address at Wingspan. Whenever you wish to contact Wingspan concerning anything specifically involving senior issues, please address emails to SeniorPride@wingspan.org. Other Wingspan programs have long had their own email addresses and we thought it high time we had our own as well. Thanks to Wingspan staff this is now the case.

As we move into the last summer month of the year, we hope all of you will begin to reflect on the upcoming elections in November. The senior population across the country can wield a lot of influence by making their voices and concerns heard at every level of government. There is a great deal riding on the outcome of this election not only for seniors, but for other demographics as well. Crucial decisions will be made regarding the economy, civil rights and the general social tenor of the USA. This is a time for involvement by everyone in every town, city and state in the union.

Advances in Aging

University Medical Center's Advances in Aging lecture series presentation this month, titled "Aging Adults with Developmental Disabilities: Caregiving and Future Planning", takes place Thursday, August 16th from noon to 1PM in the Kiewit Auditorium, located in UMC's Cancer Center, 1501 N. Campbell Ave. As always, this is a free presentation open to all with no pre-registration required. A light lunch is provided free of charge and continuing education credits are available to professionals.

Got Pain?

You can tell it's summer in Tucson. This month's sole presentation of Tucson Medical Center's Healthy Living Connections is "Dealing with Chronic Pain", a subject that many of us can relate to. Presented by Dr. Michael Maximov, it takes place Tuesday, August 7th from 9 to 10:30AM at TMC Senior Services Campus, 1400 N. Wilmot Rd. The program is free, but please reserve a seat by calling 324-4345.

HEADS UP!

Lesbian-Gay-Bisexual-Transgender friends who want to empower your body, mind, and spirit -- to live fulfilled and happy! 33 top-notch speakers will present exciting workshops at the LGBT Wellness Conference, in magical Sedona, AZ, August 17-19, 2012. Register online and read about the speakers and topics at this conference -- www.lgbt-wellness.org. This will be a life-changing

We Have a Date!

"Gen Silent", a documentary exploring the potential difficulties facing LGBT seniors in assisted living settings is coming to Tucson! Wingspan and Senior Pride have finalized a date and location for the presentation of this hour-long film. Come to the free screening, open to all, at the Jewish Community Center on Sunday, October 21st from 1:30 to 5 PM. Mark your calendar now! The film will be shown at 2 PM, but come a little early to enjoy light refreshments and mingle, then stay for a facilitated discussion of the issues and to get information from area service providers. To watch a short trailer of the film,

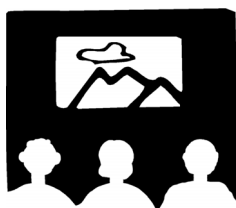
continued on pg 2

We Have a Date! from pg1

Google "Gen Silent". We're hoping to bring together LGBT seniors to explore this aspect of aging and to develop an LGBT senior network to provide support for our community members. Watch for further information in upcoming editions of the Forum.

Another Advance Notice - "Legalize Gay"

The documentary "Legalize Gay" will be shown as part of the University of Arizona's Queer Film Series presented by the Office of Lesbian, Gay, Bisexual, Transgender and Questioning Affairs. The screening will take place at the Gallagher Theater in the Student Union building on campus on Wednesday, September 19th from 7 to 9PM. This film is part of a series of free screening dealing with LGBT issues. Mark your calendars for this one too.



the Gallagher Theater in the Student Union building

August Picnic/Potluck

Come to the Cabaret...

Well, maybe it won't be that exciting, but Senior Pride's monthly potluck is better than "sitting alone in your room" (or on the couch or La-Z-Boy).



We're trying to provide social opportunities and networking possibilities for our community, so come enjoy some camaraderie and food Saturday, August 25th from noon to 2PM in the Metropolitan Community Church Social Hall, 3269 N Mountain Ave., between First Ave. and Campbell Ave. just north of Fort Lowell Rd. Bring a dish or snack (mom's famous mac and cheese or aunt Sally's jello mold salad?) and your appetite.

Please call Lee and Merlin at 207-5336 if you can attend. We have a full kitchen at our

disposal and it works well as an indoor venue, especially during the hot summer months. If you have any questions, give us a call or email SeniorPride@wingspan.org.

"We Love to Sing"

If you are a Desert Voices groupie and have attended their concerts in the past, you may not even realize that these words are the collective murmur of the chorus as they take their bows at the end of the program. The audience's applause usually drowns out their diction as they acknowledge their appreciation for their attendance.



Desert Voices invites anyone who loves to sing to come sing with them. Each new season they extend this invitation to the entire community. The chorus is not only the traditional SATB blend of voices, but is also a mixture of LGBT and not-so-LGBT individuals, i.e., friends and allies of the LGBT community. They rehearse on Monday nights at 7 PM at the MCC Church, 3269 North Mountain Avenue. Anyone interested in joining them is invited to one of their "Open House" dates: Monday, August 27th or Monday, September 10th (n.b. This is only an invitation, NOT AN AUDITION). More information: 791-9662 or office@desertvoices.org.\

Vitamin D + Calcium Tied to Longer Life

Older adults who take vitamin D and calcium supplements may live a bit longer than their peers, a new research review suggests. Researchers found that older adults who were given vitamin D and calcium supplements were 9 percent less likely to die over three years than those given placebo pills. Vitamin D on its own, however, showed no effect on death rates.

A 9 percent dip in death risk over a three-year period might sound small. To put it in

continued on pg 5

Tips to Get Better Sleep

We all have trouble sleeping from time to time. But you can make it easier to get a good night's sleep every night with these simple steps.

1. Avoid alcohol as a sleep aid.

Alcohol may initially help you fall asleep, but it also causes disturbances in sleep resulting in less restful sleep. An alcohol drink before bedtime may make it more likely that you will wake up during the night.

2. Relax before bedtime.

Stress not only makes you miserable, it wreaks havoc on your sleep. Develop some kind of pre-sleep ritual to break the connection between all the day's stress and bedtime. These rituals can be as short as 10 minutes or as long as an hour.

Some people find relief in making a list of all the stressors of the day, along with a plan to deal with them. This can act as "closure" to the day. Combining this with a period of relaxation perhaps by reading something light, meditating, aromatherapy, light stretching, or taking a hot bath can also help you get better sleep. And don't look at the clock! That "tick-tock" will just tick you off.

3. Exercise at the right time for you.

Regular exercise can help you get a good night's sleep. The timing and intensity of exercise seems to play a key role in its effects on sleep. If you are the type of person who gets energized or becomes more alert after exercise, it may be best not to exercise in the evening. Regular exercise in the morning even can help relieve insomnia, according to a study.

4. Keep your bedroom quiet, dark, and comfortable.

For many people, even the slightest noise or light can disturb sleep like the purring of a cat or the light from your laptop or TV. Use earplugs, window blinds or curtains, and an electric blanket or air conditioner everything possible to create an ideal sleep environment. And don't use the overhead light if you need to get up at night; use a small night-light instead. Ideal room temperatures for sleeping are between 68 and 72 degrees Fahrenheit. Temperatures above 75 or below about 54 can disrupt sleep.

5. Eat right, sleep tight.

Try not to go to bed hungry, but avoid heavy meals before bedtime. An over-full belly can keep you up. Some foods can help, though. Milk contains tryptophan, which is a sleep-promoting substance. Other foods that may help promote sleep include tuna, halibut, pumpkin, artichokes, avocados, almonds, eggs, bok choy, peaches, walnuts, apricots, oats, asparagus, potatoes, buckwheat, and bananas.

6. Restrict nicotine.

Having a smoke before bed -- although it feels relaxing actually puts a stimulant into your bloodstream. The effects of nicotine are similar to those of caffeine. Nicotine can keep you up and awaken you at night. It should be avoided particularly near bedtime and if you wake up in the middle of the night. Oh, try not to drink fluids after 8 p.m. This can keep you from having to get up to use the bathroom during the night.

7. Avoid napping.

Napping can only make matters worse if you usually have problems falling asleep. If you do nap, keep it short. A brief 15-20-minute snooze about eight hours after you get up in the morning can actually be rejuvenating.

8. Keep pets off the bed.

Does your pet sleep with you? This, too, may cause you to awaken during the night, either from allergies or pet movements. Fido and Fluffy might be better off on the floor than on your sheets.

9. Avoid watching TV, eating, and discussing emotional issues in bed.

August 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 Iron Horse Park Cleanup 7AM Dealing with Chronic Pain 9 - 10:30 AM - TMC	8	9	10	11
12	13	14 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	15	16 Advances in Aging Lecture Noon - 1 PM (see newsletter for details)	17 LGBT Wellness Conference in Sedona, AZ Friday thru Sunday (see newsletter for details)	18 40s and Better Breakfast Group 9:30 - 11:00 am
19 LGBT Wellness Conference in Sedona, AZ Friday thru Sunday (see newsletter for details)	20	21 Iron Horse Park Cleanup 7AM	22	23	24	25 Senior Pride potluck Metropolitan Community Church - 12 Noon
26	27	28	29	30	31	

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

Vitamin D from pg2
context, researchers estimate that to prevent one death, 151 older adults would have to take vitamin D and calcium for three years. But that effect is "at least as pronounced" as the benefits that are linked to cholesterol-lowering statins and blood pressure drugs.

Humor Corner

Two thirds of a PUN...PU
PUNS FOR EDUCATED MINDS



1. The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering
7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
8. Two silk worms had a race. They ended up in a tie.
9. A hole has been found in the nudist camp wall. The police are looking into it.
10. Atheism is a non-prophet organization.
11. Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'
12. I wondered why the baseball kept getting bigger. Then it hit me.
13. A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'
14. The short fortune-teller who escaped from prison was a small medium at large.
15. The man who survived mustard gas and

pepper spray is now a seasoned veteran.
16 A backward poet writes inverse.

17. In a democracy it's your vote that counts.
In feudalism it's your count that votes.

18. When cannibals ate a missionary, they got a taste of religion.

August 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, August 7 August 21

(1st and 3rd Tuesdays) 7:00 AM
(NOTE: Time change for summer months)

Adopt a Park Iron Horse

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



Tuesday, August 14 (2nd Tuesday)

Senior Pride Planning Meeting

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

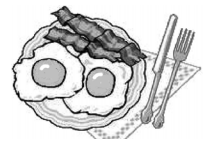
Saturday, August 18

(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, August 25

Monthly potluck

(every 4th Saturday of the month)

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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Character is higher than intellect.
A great soul will be strong to live as well as think.

~ Ralph Waldo Emerson

**Smartness runs in my family. When I went to school I was so smart
my teacher was in my class for five years.**

~ Gracie Allen

Common sense is not so common.

~ Voltaire

I choose my friends for their good looks, my acquaintances
for their good characters, and my enemies for their intellects.
A man cannot be too careful in the choice of his enemies.

~ Oscar Wilde

*It is not worth an intelligent man's time to be in the majority.
By definition, there are already enough people to do that.*

~ G. H. Hardy