



# SENIOR FORUM

Wingspan's Elder Voice

Volume 10 Issue 5  
May 2014

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

## Michael and Rick's 4 bits



Volunteer needed (singular)! This is the last of Michael and Rick's 4 Bits because Michael has decided to pursue his work full time and needs to relinquish his part in producing the Senior Forum. His part, specifically, has been in the role of "roving reporter". He has tirelessly gathered information and articles of interest for the SF and sent them to Rick who gets the newsletter ready for publication. It will help us greatly if there is someone out there who'd like to continue his work and join the Senior Forum team. Call Wingspan if interested at 624-1779.

Volunteer Orientation Volunteers needed (plural)! Are you a friendly person with a drive to work with the community? We NEED you to volunteer for our front desk! Please contact Mark Moellenhoff at: volunteer@wingspan.org for more information. There will be a volunteer orientation on Saturday , May 3, 2014 from 10 A.M. to 12 noon at Wingspan Welcome Center located at 430 E. Seventh St., Tucson, AZ 85705 Phone: 520-624-1779.

## Reveille's Simply Fabulous

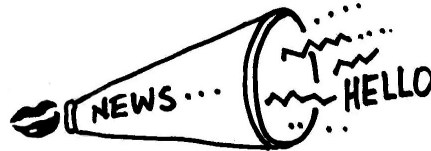
Fabulous doesn't happen overnight...(this is where Senior Pride comes in)

Imagine if you will, Michael and Barry. Two young men just recently out of the closet, ready to take on the world. But, just exactly how does one go about doing that? How do they navigate a gay world they know nothing

about? What they need are a few older and wiser members of the community to take them under their wings and teach them what it means to be FABULOUS!

Join us on their musical adventure, Simply Fabulous, as they chart the sometimes treacherous, but always entertaining waters of everything gay, guided by their 8 Professors of Fabulosity: Style, History, Drag, Fitness, Dating, Sex, Family and Sense of Self.

Saturday, May 3rd at 8:00 PM and Sunday, May 4th at 3:00 PM at the Temple of Music and Art, 330 S Scott, in fabulous downtown Tucson. \$30 general admission, \$25 for seniors and students.



Tickets are available online at store.reveillemenschorus.org, at Antigone Books or from a Reveille member. Call 520-304-1758 for discounted group rates on 10 or more.

## Grief Recovery Group

Do you or someone you know need help through a hard time right now? As you might know, my practice, Grief Recovery Tucson, helps people who are in the midst of dealing with any kind of loss, as well as those who want to heal from unresolved losses. I work with clients individually, and also offer small groups that meet for 90 minutes a week.

Our next group is starting up on Tuesday, May 6, from 6:30 - 8:00 p.m., and I wanted to invite you to register, or to inform anyone who might be looking for a way through the difficult emotions around loss. Grief Recovery Method groups are not the same

## **Grief Recovery Group** from pg 1

as typical support groups. Every person will be working on his/her own history of loss in a very focused way. I'd be happy to answer any questions by email or phone to see if this process is right for you.

The groups are very affordable at \$99 for seven sessions, and that includes a hard-back copy of the Grief Recovery Handbook, which we use as our guide through the process. If you know friends, family members, colleagues or neighbors who are going through a hard time right now, please help spread the word.

Submitted by Mary Kay LeFevour,  
mklefevour@aol.com, (520) 661-2350

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## **An Update on Project Visibility Progress**

Project Visibility is a training to help service providers become more informed, sensitive to, and supportive of the needs of LGBT older adults and their families. Pima Council on Aging coordinates a community collaboration to spread these trainings to providers of long term care. Current Trainers are Denise Rose, Briana Averill, Kay Smith, Robert Bell, Suzy Bourque, and Sandy Davenport.

Local Project Visibility Trainings are co-sponsored by Wingspan Senior Pride, and supported in part by a grant from the LGBT&S Alliance Fund. We have presented the training to over 900 individuals.

The training was recently presented to 2 UA College of Nursing classes, Mountain View Retirement Village staff, and at the Southwest Nephrology Conference in Scottsdale.

The Arizona Long Term Care Ombudsman has requested a Project Visibility training in Phoenix for the Ombudsman Coordinators from all of Arizona.

Copper Canyon Alzheimer's Special Care Center has arranged for a training for 30 of their staff.

United Healthcare ALTCS scheduled a training for interested administrators and staff

of nursing homes, assisted living facilities and home health agencies, with which they contract. Staff members from the Alzheimer's Association will be attending this training.

Mercy Care ALTCS has arranged a training to be offered for their contracted assisted living facility staff.

Southern Arizona Family Services has purchased a Project Visibility Training kit and will use it to train direct care workers in their agency and from many other local home health agencies.

The creators of Project Visibility, Boulder County Area Agency on Aging, presented a Project Visibility Workshop recently at the American Society on Aging (ASA) National Conference in San Diego. There were 40 LGBT-related workshops at that Conference!

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## **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. These are only a representative sample of classes and discussions - many others are available each month.

**Tuesday, May 6th** from 10 to 11:30 AM -  
**The Scoop on Hearing Aids**

**Tuesday, May 6th** from 2:30 to 4:30 PM -  
**Matter of Balance**

**Tuesday, May 13th** from 10 to 11 AM -  
**The High Cost of Dying**

**Tuesday, May 13th** from 1:30 to 3:30 PM -  
**Alzheimer's Film/Discussion: When Minds Fail**

**Wednesday, May 21st** from 1:30 to 3:30 PM -  
**7 Steps to a Healthier You**

**Thursday, May 22nd** from 9 to 10:30 AM -  
**Exercise and Your Heart**

**Introduction:** It had been my pleasure to have worked with Kent Burbank, as a front desk person, between 2005 and 2008 at Wingspan's former location. Kent was always a caring and concerned Executive Director, who was amiable and friendly to the volunteers, staff and visitors. Following is the Community Member Profile:

**Dea Brasgalla:** Who is Kent Burbank, tell me about yourself.

**Kent Burbank:** I am a social worker, advocate, administrator, runner, husband and father. Like most people, I struggle to find the right balance between my professional and personal life. That is very important to me. My professional social work and administration career allows me to put my values of social justice and public welfare to practice every day and it gives me a sense of purpose and meaning in helping others and making the world just a little bit better place. My husband, Vicente, and our sons, Martin and Daniel, are the core of my being. I strive--and constantly fall short--of being the kind of husband and father I want to be. Parenting's much harder--and more rewarding--than I ever imagined. The little spare time I have I devote to running, which provides an important physical and emotional release.

**DB:** Who inspires you, where does your passion lie?

**KB:** I am inspired by the simple heroic acts of normal people that happen every day: the victim of domestic abuse who has the strength and courage to get up and confront her abuser who has trampled on her spirit over the years: the transgender person who proudly stands up for who he is, despite the ridicule or malice that he faces from his peers and family: the family who struggles to make ends meet because of job loss and illness, but yet still persevere and nurture their loving bonds.

**DB:** Who are your heroes?

**KB:** I have a lot of heroes, living and dead from the past; I take inspiration from people who fought for civil rights and social injustices. People who had the courage and moral conviction to speak the truth and resist oppression with equanimity; people like Susan B. Anthony, Ghandi, Langston Hughes, and Nelson Mandela.

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

**KB:** Given how rapidly the LGBT civil rights movement is advancing, it is difficult to know exactly what Wingspan should and will look like in five years. I hope it will be a strong, vibrant organization that holds true to its core values, particularly social justice connections across oppressed groups, services for those in need, and community building.

Submitted by Dea Brasgalla, Senior Pride Member.

May 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Reveille Men's Chorus concert 8:00 PM @ Temple of Music & Art
4 Reveille Men's Chorus concert 3:00 PM @ Temple of Music & Art	5	6 Iron Horse Park Cleanup 7:00 AM  Grief Recovery Group - 6:30 - 8 PM	7	8	9	10
11	12	13 Wingspan Senior Pride Meeting Himmel Library 2:00 PM  TMC Presentations	14	15	16	17 40s and Better Breakfast Group 9:30 – 11:00 am
18	19	20 Iron Horse Park Cleanup 7:00 AM	21 TMC Presentation: 1:30 - 3:30 PM	22 TMC Presentation: 9 - 10:30 AM	23	24 Senior Pride potluck - MCC 12 Noon
25	26 Memorial Day	27	28	29	30	31 Treasures for TIHAN Doubletree Hotel (see newsletter for details)

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

## Save the Date

Our "Treasures for TIHAN" live and silent auction, one of the biggest fundraising events in our community, is scheduled for May 31, 2014 at the Doubletree by Hilton Hotel Tucson-Reid Park (445 South Alvernon Way). If you are interested in volunteering to help with this event, either now or on the day of the event, please let us know. Volunteer forms are available at the TIHAN office or online.

This event is one of our community's biggest benefits of the year, and it's TIHAN's biggest event to support people living with HIV/AIDS. This year, our theme is a Red Party, celebrating people who care - people like you! Volunteer opportunities include raffle ticket sales, helping load auction items in/out, setting up art wall displays, assisting with decorations, setting up auction items on tables, silent auction monitor, and more. Contact us and be part of a fun team putting together a great party to support TIHAN. For more information, contact Alicia Talerico at 299-6647 ext 204 or [volunteercoordinator@tihan.org](mailto:volunteercoordinator@tihan.org)

## Humor Corner

### *One Last Embarrassing Medical Exam*

A woman and a baby were in the doctor's examining room, waiting for the doctor to come in for the baby's first exam.

The doctor arrived, and examined the baby, checked his weight, and being a little concerned, asked if the baby was breast-fed or bottle-fed. 'Breast-fed,' she replied..

'Well, strip down to your waist,' the doctor ordered.

She did. He pinched her nipples, pressed, kneaded, and rubbed both breasts for a while in a very professional and detailed examination.

Motioning to her to get dressed, the doctor said, 'No wonder this baby is underweight. You don't have any milk.' 'I know,' she said, 'I'm his Grandma, but I'm glad I came.'



# May 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) 7:00 AM  
**(NOTE TIME CHANGE)**

## Adopt a Park Iron Horse Cleanup

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

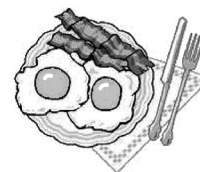


## Tuesday, April 8 (2nd Tuesday)

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

## Saturday, May 17

(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, May 24

## 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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It is difficult to get a man to understand something when his salary depends upon his not understanding it.

~ Upton Sinclair

If you feed enough oats to a horse, some will pass through to feed the sparrows. (trickle down theory)

~ John Kenneth Galbraith

*Every technology begins as a key and ends as a cage.*

~ Ran Prieur

**After several months' exposure, the office boor who initially took two weeks to annoy you can accomplish the same feat in only two seconds.**

~ Robert A. Frank

It is easier to build strong children than to repair broken men.

~ Fredrick Douglass