



SENIOR Wingspan's Elder Voice FORUM

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November 2010

Funding by Arizona Governor's
Office for Children, Youth and
Families Division for Women and
Wingspan Anti-Violence Program

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

Michael and Rick's 4 bits



November - A Month for Elections and Thanksgiving

The November 2 mid-term elections are upon us and we will all need to step up and cast our votes if we want to be participants in our own fate. A close friend of mine rightly declares that those who do not vote really have no right to complain or criticize the powers that take office. Whatever our political persuasion may be, ours is still the country wherein we the people still have a voice, although that sometimes does not seem to be the case. So all of your Senior Pride volunteers urge everyone to exercise their right to vote - no one would have been more vocal on this point than our beloved Maurice Grossman who worked tirelessly to 'get out the vote' while he was with us. Please cast your vote in this election with a word of thanks to the honor and memory of Maurice.

Thanks are in order to many people in this month of thanksgiving - Thanksgiving Day later in the month is not only a day to feast but to be thankful for all the help our community has received, and given, over the past year. Wingspan has kept its head above water during these trying economic and financial times due in no small part to the many volunteers who have stepped up to maintain the programs that are so vital to the LGBT community in Southern Arizona. Wingspan Senior Pride is grateful to all who help and support us in our efforts to provide information and services to the senior population in Tucson.

Memory Matters

A health fair for seniors, dealing with memory concerns, will take place Friday November 5th

from 8 AM till noon at the Park Place Mall 5870 E. Broadway Blvd. in the southwest corridor. The morning will include several speakers, a film and a panel discussion. The event is free, but registration is required. Call 324-4345 to reserve your place. Don't forget!

Picnic Time!

Senior Pride will repeat last year's autumn potluck picnic Sunday November 14th at Fort Lowell Park near Craycroft and Glenn from noon to 4PM. Bring a dish to share with everyone. There will be some plates, napkins, cups and utensils provided, but bring your own if you wish. Also, if anyone has a lawn game (croquet, bocci, badminton), bring it along and we'll try to lure people away from the food and conversation for some activity. We will be in Ramada 6, same as last year, which is located between the pond and the swimming pool. Enter from Craycroft north of Glenn or from Glenn east of Craycroft. For more information, contact Michael at 884-8320.

Upcoming Events - Some Advance Notice PFLAG Holiday Dinner



The PFLAG people are giving a holiday dinner for members of the LGBT community. This is not a potluck, they provide everything. All are invited. This will be held on Saturday, December 11, at 3 PM. At this time the location is unknown. To find out the location one can call either 323-0092 (Mick) or 207-9120 (Karen and Jack). The PFLAG people are our strongest allies so let's show up and show them our appreciation for what they do for us, and tell them so.

Get ready for Night Thing!

Reserve your table now for Wingspan's inaugural New Year's Eve celebration. This fantastic evening will include dinner, dancing, divas and dice as we count down to the new year. Night Thing, Wingspan's inaugural New Year's Eve celebration, will be at the JW Marriott Starr Pass Resort & Spa. We will offer a safe, welcoming and elegant space. You bring the color!

Tables are available now (\$1,500 for up to 10 people); individual tickets available starting October 15. With your table purchase, Wingspan is also offering table-naming opportunities in which you can pay tribute to someone who has made a difference in your life (a loved one, a role model, a colleague or anyone you wish to honor). To reserve your table, contact Erin Russ at eruss@wingspan.org.

Partnering with LGBT Youth

At the last Senior Pride planning meeting, Linda Thomas, Director of Wingspan, suggested that seniors become more involved with LGBT youth, to the benefit of both groups in our community. If you've been following the news lately, you've probably noticed that there have been several LGBT youth who have recently committed suicide due to bullying. One of the actions being taken to counteract the despair and hopelessness of youth in these situations has been the "It Gets Better" project online, with adults who share their stories about the difficulty of growing up LGBT, but that life does get better and that suicide is not the solution to the despair.

As we have had many more years of life experience, we could share those experiences and the knowledge gained through them, with younger members of our community, and they could open seniors up to new ways of looking at the world, perhaps teach us a few things (how to use Facebook?) and remind us of how exciting life is when one is young.

One of the suggestions Linda offered was that seniors could do a potluck supper for the youth at Eon Lounge. Currently the Southern

Arizona Gender Alliance (SAGA) cooks a potluck dinner for Eon once a month. There was a suggestion made that Senior Pride could either work with SAGA on their dinner or that we could do our own dinner for the Eon youth. This is an invitation to consider ways to reach out to, connect with and support LGBT youth. Come to the monthly Senior Pride Planning Meeting November 9th at Himmel Park Library; see this month's November Events below for more information or call Linda at Wingspan (624-1779) if you have any ideas.

Upcoming Senior Services Events

Tucson Medical Center Senior Services, located at 1400 N. Wilmot Rd., offers the following classes in November. For more information and to register for these free classes, please call (520) 324-4345.

Thursday November 4th from 1 to 4PM

"Foot Fitness Screening"

Wednesday November 10th from 9 to 10:30AM

"Depression - How to Cope this Holiday Season"

Thursday November 11th from 5:30 to 6:30PM

"Solutions for Neck and Back Pain"

The 15th Annual Family Caregiver Conference

A Caregiver's Harvest: Hope & Support

Best-selling author and cultural observer Gail Sheehy will travel to Tucson to present the keynote address about caregiving from a decidedly personal perspective chronicled in her new book, *Passages in Caregiving: Turning Chaos into Confidence*. The book covers the trials and tribulations of personal caregiving and observations about what each of us may need to know about caregiving for a loved one, based on Sheehy's experience as the primary caregiver to her ailing husband, the late Clay Felker.

The 15th annual conference is held in Tucson this year on November 12 at the Doubletree Hotel, 445 S. Alvernon Way. An array of local experts including social workers and educators, counselors and trainers who specialize in

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disciplines to help caregivers, will present workshops.

The conference donation is \$20.00 per person for a family caregiver and \$45.00 per person for a professional in the field (includes CEU's). Registrations for the conference will be accepted through Friday, November 5, 2010.

To register and for more information, including respite for caregivers who want to attend the event, is available by calling 258-5077.

A Special Evening with Gail Sheehy Early Evening Reception at the Arizona Inn

Ms. Sheehy has also generously agreed to be the guest of honor for a special reception that is a benefit event for PCOA's caregiver services. Ms. Sheehy will meet with the guests and present a book reading on **November 11 at the Arizona Inn, 220 E. Elm Street, at 6:00 p.m.**

The early evening reception goers will also receive a complimentary copy of Ms. Sheehy's new book, *Passages in Caregiving: Turning Chaos into Confidence*, signed by the author.

Since 1976, Sheehy has taken a fresh look at the stages of life and, in the process, enabled women and men to view themselves more clearly in their changing environments. Her newest book, *Passages in Caregiving: Turning Chaos into Confidence* is written from her personal experience.

Last year, Pima Council on Aging's Eldercare Specialists logged over 2,300 client contacts, provided trainings in 21 classes and tallied over 1,235 hours in support groups for older adults among PCOA caregiver support services. Consultations with family members and individuals are daily occurrences at PCOA and the team of caregiver specialists are respected, experienced social workers.

A Special Evening with Gail Sheehy is a benefit event that was organized by the PCOA Foundation Board of Directors led by president Mr. Chris Helms and event committee members Virginia Zuelow, Adaline Klemmedson, Martin R. Levy, PhD, and Suzanne Kendall.

Generous event underwriting from the Scan Foundation is covering 100 percent of event costs so 100 percent of event proceeds will go directly to Pima Council on Aging's caregiver services program.

Tickets for the Special Evening with Gail Sheehy benefit reception are \$100 per person or \$175 per couple. Tickets may be reserved online at pcoa.org (link to Gail Sheehy reception) or by calling PCOA Development Director Bob Kirkpatrick at (520) 790-0504. Reservation deadline is Friday, November 5, 2010.

Medicare Fraud and You

Each year it is estimated that Medicare fraud costs the U.S. government \$60 billion. It is up to all of us to make sure that fraud is detected and reported in order to prevent abuse of the system. Anyone receiving Medicare benefits should take the time to become educated about the Medicare system, its benefits and rules. You can attend one of Pima Council on Aging's (PCOA) Medicare Conferences in November (see article in this month's edition), contact PCOA with specific questions (PCOA Helpline at 790-7262 or Medicare Line at 546-2011) or contact Medicare directly at 1-800-MEDICARE (1-800-633-4227) (TTY 1-866-653-4261).



While some errors in Medicare billing are simply mistakes, there are many deliberate attempts to defraud the system. Some of these frauds are committed by consumers themselves. This can consist of requesting services and products that we don't really need. Because we don't have to pay for a service shouldn't mean that we ask for it when it isn't needed.

However, most of the fraud is committed by providers of services and products. The best way for us to avoid being victims of, or participants in, fraud is to be aware of some of the most common practices used to defraud the system. As individuals, we can prevent fraud by protecting personal

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November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Election Day Iron Horse Park Cleanup 8:00 AM	3	4	5 Memory Matters Park Place Mall 8:00 AM - Noon	6
7	8	9 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	10	11 Veterans Day Evening Reception with Gail Sheehy Arizona Inn 6:00 PM	12 15 th Annual Family Caregiver Conference Doubletree Hotel	13
14 Senior Pride Potluck Picnic Ft. Lowell Park, Ramada 6 Noon - 4:00 PM	15	16 Iron Horse Park Cleanup 8:00 AM	17	18	19	20 40s and Better Breakfast Group Royal Sun Best Western Restaurant 9:30 - 11:00 am
21	22	23	24	25 Thanksgiving Day	26	27
28	29	30				

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information (Medicare ID numbers, Social Security numbers, etc.) and by not participating in certain schemes. Some of the most common scams include (but there are many more):

- Your Medicare ID number is stolen and used by another person to get services or products.
- You are offered a free test, a free gift or a meal and are asked for your Medicare ID information. This information is often used to bill Medicare for products and services that were not provided to you. You should never give identifying information to anyone who is not your doctor, a Medicare-approved plan or a supplier that you know and trust.
- You are told that the more tests you have done, the less expensive each test will be. This may be a ruse to bill Medicare for unnecessary tests.
- You are told that Medicare wants you to have the test or product. Only a doctor or health care provider can determine whether you need a test or product, based on your condition.
- Your co-pay will be waived even though your ability to pay has not been determined. If you haven't been approved for a co-pay waiver due to inability to pay, this fee cannot be legally waived. This is probably a come-on.
- You are subjected to high-pressure tactics.
- You are offered non-medical transportation or housekeeping services as Medicare-approved. These are never provided by Medicare.
- You are offered or given a Medicare-billed wheelchair or scooter when you don't meet Medicare qualifications.
- You can receive home health services through Medicare even though you are not home-bound and can still drive.

Another way we can protect Medicare from fraud is to monitor charges to Medicare made in our names. This can mainly be done by carefully reviewing the Quarterly Notice of Benefits sent to Medicare beneficiaries or by going online to MyMedicare.gov to review your records for the past 15 months. By keeping track of all services and products supplied to us and comparing these to the statement, any discrepancy can be discovered and reported. If you find a charge that you think is incorrect, contact Medicare at 1-800-MEDICARE (1-800-633-4227). If you suspect fraud call the Fraud Hotline of the Department of Health and Human Services Inspector General at 1-800-HHS-TIPS (1-800-447-8477) or TTY 1-800-377-4950.

November Events

Meander in Tucson Meetup Group

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

Tuesday, November 2 and November 16

(1st and 3rd Tuesdays) 8AM

Adopt a Park Iron Horse Cleanup

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



Tuesday, November 9 (2nd Tuesday) Senior Pride Planning Meeting

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

Saturday, November 20

(every 3rd Saturday of the month)

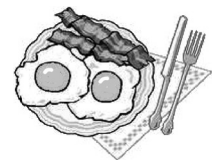
40s and Better Breakfast Group

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





430 E. 7th Street
Tucson, AZ 85705

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There is one day that is ours.
Thanksgiving Day is the one day that is purely American.
O. Henry

If you think Independence Day is America's defining holiday,
think again. Thanksgiving deserves that title, hands-down.
Tony Snow

**To give thanks in solitude is enough. Thanksgiving has wings and goes where it
must go. Your prayer knows much more about it than you do.**
Victor Hugo

AN OPTIMIST IS A PERSON WHO STARTS A NEW DIET ON THANKSGIVING DAY.
Irv Kupcinet

**Gratitude is the inward feeling of kindness received. Thankfulness is the natural
impulse to express that feeling. Thanksgiving is the following of that impulse.**
Henry Van Dyke