



SENIOR Wingspan's Elder Voice FORUM

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January 2011

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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



Happy 2011 to all of our readers and supporters in the Wingspan Senior Pride family! It is truly amazing to realize that Senior Pride has already been carried forward for a year and a half as a completely volunteer-run aspect of Wingspan's mission. Our gratitude goes out to everyone who has had a hand in maintaining the Senior Pride program by their generous donations of time and talents during what has to have been one of the most difficult years in recent memory. We could not have done it without all of you. And again, I will repeat myself in extending an ongoing invitation to any and all who might like to join us in keeping the Senior Pride program afloat. We can always use new input, ideas, talent and abilities from anyone in the LGBT senior (and not-so-senior) communities. Please consider joining us at our monthly planning meetings at the Himmel Library on the second Tuesday of the month. We need and welcome your participation.

Coming Out Support Group for 40+

A support group for those coming out after age 40 has begun meeting under Wingspan's aegis. The group meets the 1st and 3rd Monday of the month from 6-7:30 pm at Wingspan and deals with difficult issues such as leaving a heterosexual marriage, financial issues, coming out to friends and families including children, and moving into the gay community. For more information or to join

the group, call Linda Thomas at 520.624.1779 ext. 125 or email at lthomas@wingspan.org.

Elders Invited to Special Open House

Mark your calendars for Wednesday, January 26, 11:00 am to 1:00 pm. That's when Wingspan, in partnership with Pima Council on Aging (PCOA), will present an open house and workshop at Wingspan, 430 E. Seventh St., on issues confronting LGBT seniors.

The event will include lunch and a presentation by a panel of local experts covering a wealth of topics. These will include: caregiver issues and pre-planning for long-term care; accessing affordable, high-quality health-care services and overcoming prejudice by some providers; understanding the importance of preparing advance directives and basic life-plan documents, including wills and power of attorney; lifetime financial planning; local transportation and social/community connections.

"These are crucial concerns for LGBT seniors who may be especially vulnerable to abuse and discrimination," said Linda Thomas, Wingspan Program Director.

Here's the schedule:

- 11:00 am** - Lunch and visiting
(food will be available throughout the event)
- 11:30 am -12:30 pm** - Panel discussion
- 12:30-1:00 pm** - Community input & networking

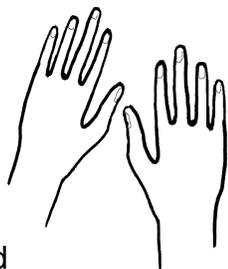
Wingspan Senior Pride will provide transportation to those needing it. Contact Linda Thomas at 624-1779, Ext. 125, or e-mail wingspan@wingspan.org.

Can You Volunteer to Help?

Although Wingspan Seniors Care was suspended earlier this year, Senior Pride has received requests for assistance from 2 seniors. One individual resides in an assisted living facility and would like to get out once in a while, but does not always have transportation to activities. The second person has recently had surgery and could use some assistance at home. This was the purpose of Seniors Care when it was begun, but there were not many requests for assistance. We would like to provide some support for our community so that people can maintain a good quality of life and avoid becoming isolated, which can be particularly debilitating for seniors.

Here is an example of community members in need of "a little helping hand". Alta has a few needs which can mostly be addressed in approximately one hour a day -

little things around the house like fixing a meal, taking out the trash and especially picking up the mail and/or more "hands-on" needs like helping her into the tub for a shower and washing her hair once in a while.



If you can volunteer a couple of hours, please call Linda Thomas at Wingspan at 624-1779. Thank you.

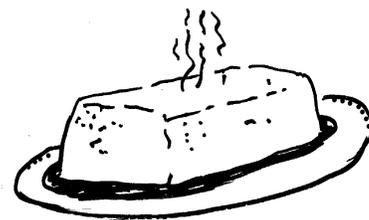
PCOA Steps Up Support For LGBT Seniors

The Pima Council on Aging, long a supporter of equality for LGBT people, has designated two of their Elder Care Specialists, Sandy Davenport and John Barnes, to assist LGBT seniors with concerns and questions. If you have been worried about confidentiality and sensitivity to your

concerns as a member of the LGBT community or just not certain that you would receive appropriate attention because you are L,G,B, or T, Sandy and John are there to provide the support you need. Feel free to contact them at PCOA at 792-7262. They are ready to help answer questions, advocate for you, and direct you to the services you need.

Mike's Victory Meal Recipe #6

Cheesy Meatloaf
(Serves 10 @ 45 cents/serving)



Ingredients

2# ground beef
(Sale - \$2.99)
1/2 c minced onion (20 cents)
1/4 c minced bell pepper (30cents)
8oz can tomato sauce (20 cents) 5/\$1 @ Fry's
2 beaten eggs (20 cents)
4oz diced American cheese (50 cents) Fry's 10/\$10
1 c soft bread crumbs - 1 1/4 slices (10 cents)
1 t salt
1/4 t thyme
dash pepper

Method

Simmer vegetables in water until tender. Stir in all else but meat. Add meat & mix well. Shape into a loaf on a baking sheet. Bake, uncovered, @ 350 degrees for 1 1/2 hours.

*Comment: The purpose of this recipe and those that follow in subsequent columns is to present attractive, inexpensive meals which seek to minimize the high cost of food products. Ingredients are purchased "on sale" and the savings enjoyed contribute significantly to the low cost of the items presented.

Medicare finalizes new rules to require equal visitation rights for all hospital patients

New requirements empower patients to designate their own visitors, including a same-sex domestic partner

The Centers for Medicare & Medicaid Services (CMS) today issued new rules for Medicare- and Medicaid-participating hospitals that protect patients' right to choose their own visitors during a hospital stay, including a visitor who is a same-sex domestic partner.

“Basic human rights—such as your ability to choose your own support system in a time of need—must not be checked at the door of America’s hospitals,” said HHS Secretary Kathleen Sebelius. “Today’s rules help give ‘full and equal’ rights to all of us to choose whom we want by our bedside when we are sick, and override any objection by a hospital or staffer who may disagree with us for any non-clinical reason.”

The new rules follow from an April 15, 2010 Presidential Memorandum, in which President Obama tasked HHS with developing standards for Medicare- and Medicaid-participating hospitals (including critical access hospitals) that would require them to respect the right of all patients to choose who may visit them when they are an inpatient of a hospital. The President’s memorandum instructed HHS to develop rules that would prohibit hospitals from denying visitation privileges on the basis of race, color, national origin, religion, sex, sexual orientation, gender identity, or disability. It also directed that the rules take into account the need for a hospital to restrict visitation in medically appropriate circumstances.

The rules require hospitals to have written policies and procedures detailing patients’ visitation rights, as well as the circumstances under which the hospitals may restrict patient access to visitors based on reasonable clinical needs.

A key provision of the rules specifies that all visitors chosen by the patient (or his or her representative) must be able to enjoy “full and equal” visitation privileges consistent with the wishes of the patient (or his or her representative).

The rules update the Conditions of Participation (CoPs), which are the health and safety standards all Medicare- and Medicaid-participating hospitals and critical access hospitals must meet, and are applicable to all patients of those hospitals regardless of payer source.

Among other things, the rules impose new requirements on hospitals to explain to all patients their right to choose who may visit them during their inpatient stay, regardless of whether the visitor is a family member, a spouse, a domestic partner (including a same-sex domestic partner), or other type of visitor, as well as their right to withdraw such consent to visitation at any time.

“These rules put non-clinical decisions about who can visit a patient out of the hands of those who deliver care and into the hands of those who receive it,” said CMS Administrator Donald Berwick, MD, MPP. “While we still have miles to go in making care more patient-centered, these rules make it easier for hospitals to deliver on some of the fundamental tenets of patient-centered care—care that recognizes and respects the patient as an individual with unique needs, who treated with dignity and granted the power of informed choice.”

CMS finalized the rules based on thousands of comments from patient advocates, the hospital community, and other stakeholders. The rules will be effective 60 days after publication. More information about the rules is available on CMS’ website at http://www.cms.gov/CFCsAndCoPs/06_Hospitals.asp and http://www.cms.gov/CFCsAndCoPs/03_CAHS.asp.

January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's Day
2	3 Coming Out at Age 40+ Support Group 6:00 - 7:30 PM	4 Iron Horse Park Cleanup 9:00 AM	5	6	7	8
9	10	11 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	12	13	14	15 40s and Better Breakfast Group Royal Sun Best Western Restaurant 9:30 – 11:00 am
16	17 Coming Out at Age 40+ Support Group 6:00 - 7:30 PM	18 Iron Horse Park Cleanup 9:00 AM	19	20	21	22
23	24	25	26 Wingspan's Open House & Luncheon for Seniors & Elders 11:00 AM- 1:00 PM	27	28	29
30	31					

Humor Corner

Actress/vocalist Julie Andrews, now 75, recently lost her husband of many years, movie director Blake Edwards (Victor/Victoria, the Pink Panther movies, etc.). On the occasion of her 69th birthday she made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was "My Favorite Things" from the legendary movie "Sound Of Music."



Here are the actual lyrics she used:

Maalox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.

Cadillacs and cataracts, & hearing aids & glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.

When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes & heating pads & hot meals they bring,
These are a few of my favorite things.

Back pains, confused brains & no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short, shrunken frames,
When we remember our favorite things.

When the joints ache, When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

How many of you were singing it in your head? Ms. Andrews received a standing ovation from the crowd that lasted over four minutes and repeated encores.

A Huge Thank You to PFLAG

Over 35 seniors attended the PFLAG Holiday Dinner on Saturday December 11th. There was a concern that there would not be sufficient attendance, but we showed them that we are a force to be reckoned with (and fed)! Thank you to PFLAG and all of its members who provided the delicious and varied selections and the festive holiday ambiance. And thank you for your support of the LGBT community. You are amazing allies!

January Events

Meander in Tucson Meetup Group

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

Tuesday, January 4 and January 18

(1st and 3rd Tuesdays) 9AM

Adopt a Park Iron Horse Cleanup

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



Tuesday, January 11 (2nd Tuesday)

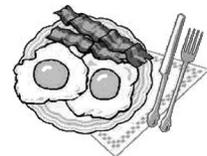
Senior Pride Planning Meeting
2 PM at Himmel Park Library, 1035 N.
Treat Avenue (off Speedway) ph: 594.5305

Saturday, January 15

(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





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Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to.

- Bill Vaughan

*A New Year's resolution is something that goes in one year
and out the other.*

- Author Unknown

It wouldn't be New Year's if I didn't have regrets.

- William Thomas

Cheers to a new year and another chance for us to get it right.

- Oprah Winfrey

No one ever regarded the First of January with indifference.

It is that from which all date their time, and count upon what is left. It is the nativity of our common Adam.

- Charles Lamb