



SENIOR FORUM

Wingspan's Elder Voice

Volume 7 Issue 10
October 2011

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



Tucson PRIDE Celebrations and Festivities

There are some significant changes to October's PRIDE events this year. Chances are you already know about them, but they will bear repeating as Tucson's PRIDE IN THE DESERT draws near.

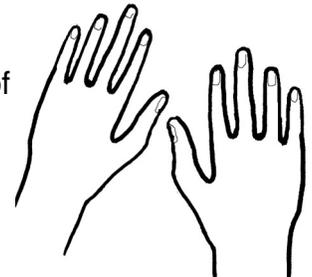


The PRIDE parade this year will take place on Saturday, October 8 which is a full week in advance of the big gathering for the community on the following Saturday, October 15. The parade will follow a new route due to the light rail construction on 4th Avenue. Tucson Pride is planning a collaborative event with Tucson Meet Yourself and Second Saturdays Downtown as both will be hosting their events on that night as well. PRIDE IN THE DESERT will not be at Reid Park this year as in past years, but will be taking place at Kino Memorial Stadium (formerly known as Tucson Electric Park). Please go to www.tucsonpride.org for complete details.

to a crafting afternoon on Saturday, October 1st from 1 to 3PM at Wingspan, 430 E. 7th St. This event was envisioned to create items for seniors made by children in the group and their parents. The Prudential is offering a \$1000 dollar donation to the group if 25 people attend and help make the event a success! Come participate in crafting projects. Bring your expertise and have some fun! This is short notice, as the last edition of the Forum went out before we got notice of this event. In addition, some of the items will be handed out at the Armory Park Senior Health Fair on October 6th (see accompanying article). Come help us make lots of giveaways for the Wingspan table.

Living Healthy With Arthritis Lecture

The Arizona Arthritis Center is offering its monthly lecture titled "The Secret Language of Emotions" on Wednesday October 5th from 6 to 7:30PM. The location has again moved to University Medical Center, 1501 N. Campbell Ave. Room 8403 (Chase Bank Auditorium). This event is free and open to the public. Alexis H. Reynolds, owner of A Transformative Touch Hypnotherapy and Wellness Center, will speak on unresolved emotions which are an underlying key to many mental, emotional and physical issues and ailments. Learn to become more connected to your emotions and some ways to resolve old emotional issues in order to live a happier, healthier life. To register for this event, call 626-5040. These lectures are becoming very popular and the room fills up quickly, so call early to reserve your place.



Come Get Crafty With Rainbow Families

Rainbow Families, a group of LGBTQ families, straight allies and supporters invites Senior Pride



Come To The Fair!

Pima Council on Aging is having their annual Senior Health Fair on Thursday, October 6th from 9AM to Noon at Armory Park Senior Center, 220 S. Fifth Ave. The fair is free and open to the public and will feature information on Medicare and Medicare Part D drug benefits, representatives from local associations (American Cancer Society, American Diabetes Association, Alzheimer's Association, AARP and others), hospitals reps, Social Security Administration, Arizona Health Care Cost Containment System (AHCCCS) and other senior providers. Free blood pressure checks are being advertised (provider has not always shown up in the past).

This year Wingspan is having a table at the fair! We will be passing out literature to the unsuspecting public regarding the LGBT community and Senior Pride, along with small craft items made by the Rainbow Families group at the crafting event on October 1st (see accompanying article). Come on down and say hello!



AIDSWALK 2011 and a Note from SAAF's Allen Kinzey

AIDSWALK 2011 is here – October 16th to be exact.

This is a major fundraiser for the Southern Arizona AIDS Foundation, aka SAAF. This organization conducts prevention programs, educational events, and helps and supports people living with HIV/AIDS. If you would like to make a donation to support the work of SAAF, you can do so by sponsoring me as I will be doing the 5K walk on that Sunday. Just make out a check to AIDSWALK 2011 and mail to me, Allen Kinzey, 5831 E 9th Street, Tucson, AZ 85711 so that it arrives by Saturday, October 15th. SAAF and I thank you.

A Second October Picnic

Join Senior Pride for a fall potluck picnic on Saturday, October 22nd from Noon to 2PM. We'll meet in the southwest corner of Himmel Park, along Tucson Blvd., south of Speedway. Closest parking is the lot off of Tucson Blvd. between 1st and 2nd Streets.



Wingspan is providing canopies for shade and a rainbow flag, so everyone will know where to find us. Plates, utensils, napkins, cups and some drinks will be provided. Please bring a dish to share (entrees would be appreciated - last picnic was heavy on the desserts, but who's complaining?). The weather should be divine and the grass green.

Caring and Coping With Tremor

TMC Senior Services presents this special event which will take place Saturday, October 15th from 10AM to Noon at the Marshall Conference Center, 5301 E. Grant Rd. along the east side of the hospital complex. The presentation features doctors discussing surgical and medical management of tremors and a panel which will include patients living with tremors. Call 324-1960 to register for this event.



TMC Senior Services Presentations

The following presentations will be offered in October at Tucson Medical Center Senior Services Campus, 1400 N. Wilmot Rd. All are free and open to the public. For more information and to register, please call 324-4345.

TMC Senior Services from pg 2

Monday, October 3rd 10 to 11AM
Tune Up Your Brain with Muriel Gately

Wednesday, October 5th 9 to 10AM
The 5 Most Important Things to do for Arthritis

Thursday, October 13th 9 to 10AM
The ABC's of Lab Results

Thursday, October 13th 5:30 to 6:30PM
Current Concepts in Hip and Knee Replacement

Saturday, October 15th 10AM to Noon
Caring and Coping with Tremor
(at TMC Marshall Conference Center - see accompanying article above)

Tuesday, October 18th 9 to 10:30AM
All About Stroke

Wednesday, October 19th 9 to 10AM **"Are You Good To Go?" - Funeral Education and Pre-Planning**

Thursday, October 27th 9 to 10AM
Communicating with Your Healthcare Professional

Humor Corner

What a difference 50 years can make! The times they are a-changin':



1961: Long hair
2011: Longing for hair

1961: KEG
2011: EKG

1961: Acid rock
2011: Acid reflux

1961: Moving to California because it's cool
2011: Moving to Arizona because it's warm

1961: Trying to look like Marlon Brando or Liz Taylor
2011: Trying NOT to look like Marlon Brando or Liz Taylor

1961: Seeds and stems
2011: Roughage

1961: Hoping for a BMW
2011: Hoping for a BM

1961: Going to a new, hip joint
2011: Receiving a new hip joint

1961: Rolling Stones
2011: Kidney Stones

1961: Screw the system
2011: Upgrade the system

1961: Disco
2011: Costco

1961: Parents begging you to get your hair cut
2011: Children begging you to get their heads shaved

1961: Passing the drivers' test
2011: Passing the vision test

1961: Whatever
2011: Depends

Just in case you weren't feeling too old today, this will certainly change things. Each year the staff at Beloit College in Wisconsin puts together a list to try to give the faculty a sense of the mindset of this year's incoming freshmen. Here's this year's list:

- The people who are starting college this fall across the nation were born in 1993.
- They are too young to remember the space shuttle blowing up.

continued on pg5

October 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Rainbow Families Craft Fair @ Wingspan 1:00 - 3:00 PM
2	3 TMC Presentation: 10:00 -11:00 AM TMC Senior Center	4 Iron Horse Park Cleanup 8:00 AM	5 TMC Presentation: 9:00 - 10:00 AM TMC Senior Center Arthritis Lecture 6:00 -7:30 PM	6 PCOA Senior Health Fair 9:00 AM - Noon Armory Park	7	8 Pride on Parade
9	10	11 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	12	13 TMC Presentation: 9:00 - 10:00 AM 5:30 - 6:30 PM TMC Senior Center	14	15 Pride in the Desert Kino Memorial Stadium 10:00 AM - 8:00 PM
16 AIDSWALK 2011	17	18 Iron Horse Park Cleanup 8:00 AM TMC Presentation: 9:00 - 10:30 AM	19 TMC Presentation: 9:00 - 10:00 AM TMC Senior Center	20	21	22 Senior Pride Potluck Picnic Himmel Park Noon - 2:00 PM
23	24	25	26	27 TMC Presentation: 9:00 - 10:00 AM TMC Senior Center	28	29
30	31 Halloween					

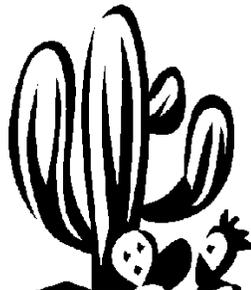
Due to space limitations in the calendar, see the newsletter itself for complete information for some activities.

Humor Corner from pg 3

- Their lifetime has always included AIDS.
- Bottle caps have always been screw off and plastic.
- The CD was introduced 3 years before they were born.
- They have always had an answering machine.
- They have always had cable.
- They cannot fathom not having a remote control.
- Jay Leno has always been on the Tonight Show.
- Popcorn has always been cooked in the microwave.
- They never took a swim and thought about Jaws.
- They can't imagine what hard contact lenses are.
- They don't know who Mork was or where he was from.
- They never heard: "Where's the Beef?", "I'd walk a mile for a Camel", or "de plane, Boss, de plane."
- They do not care who shot J. R. and have no idea who J. R. even is.
- McDonald's never came in Styrofoam containers.
- They don't have a clue how to use a typewriter.



So have a nice day! It is good to have friends who know about these things and are still alive and kicking!



October Events

All events with our logo take place at EON Youth Lounge, 430 E. 7th Street, just across the street from the former Wingspan building, details on these calendar events.



Meander in Tucson Meetup Group

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 4 and October 18 (1st and 3rd Tuesdays) 8:00 AM

(NOTE THE TIME CHANGE back to 8 AM!))

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



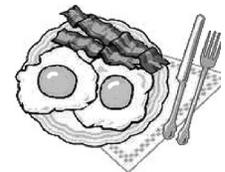
Tuesday, October 11 (2nd Tuesday) Senior Pride Planning Meeting

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

Saturday, August 20 (every 3rd Saturday)

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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**I take a lot of pride in being myself.
I'm comfortable with who I am.**

- James McAvoy

By building relations we create a source of love and
personal pride and belonging that makes
living in a chaotic world easier.

- Susan Lieberman

*If you believe in yourself and have dedication and pride -
and never quit, you'll be a winner. The price of victory is
high but so are the rewards.*

- Paul Bryant

**Great champions have an enormous sense of pride. The people who excel are those
who are driven to show the world and prove to themselves just how good they are.**

- Nancy Lopez

It is not the broken heart that kills, but broken pride, monseigneur.

- Gilbert Parker