



SENIOR Wingspan's Elder Voice FORUM

Volume 7 Issue 11
November 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



"For eight years running, Tucson Weekly readers have picked Wingspan as the city's best activist/advocacy group, for providing the LGBT community with outreach and social-service programs that bring families together, help LGBT youth, offer support to transgender men and women, and prevent violence. This past year, the organization took the lead in calling attention to bullying of LGBT-perceived youth, and in creating Tucson's first Spanish-language PFLAG group. Everyone is welcome at Wingspan, which is probably why the agency continues to be voted the best in Tucson."

The above is taken verbatim from the Tucson Weekly's "Best of Tucson" section for 2011.

Published in mid-September, this is an accolade that makes Senior Pride proud to be a part of Wingspan's docket of programs. We have so far successfully managed to keep Senior Pride going in the face of drastic budget cuts and the loss of a permanent staff member at Wingspan, making us an all-volunteer effort that has managed to keep our ship afloat in these still-stormy economic waters. But we want to emphasize again that there is room for everyone to participate. So please come forth with your ideas and talents and join the party whenever and wherever you can.

Accept Me Celebration

Girl Scout Troop 643 is hosting a picnic celebrating and supporting the LGBTQS

(Lesbian, Gay, Bisexual, Transgender, Queer, Straight) community. All are invited to attend to show support for all people. Pizza, drinks, activities and music will be provided. Guest speakers will share stories of their experiences and struggles around the issue of sexuality and attendees will also be encouraged to share. It is hoped that seniors can share their unique perspectives and provide examples of how "it gets better".

The event will take place Saturday November 5th from 11AM to 2PM in Himmel Park Amphitheater, northeast picnic area. Parking is in the lot along First St. between Tucson Blvd. and Treat Ave. Tickets must be reserved in advance (for only \$1!) by calling 404-2776 or online at acceptmepicnic@gmail.com. Come show your support for the Girl Scouts, an inclusive organization.



Living Healthy With Arthritis Lecture

University Medical Center's Living Healthy With Arthritis presents this month's lecture by Jeffrey Lisse, MD, "Arthritis Decisions Made by Your Health Care Professional: How Do We Diagnose?" on Wednesday November 2nd from 6 to 7:30PM

in University Medical Center, 1501 N. Campbell Ave., Room 8403 (Chase Bank Auditorium). This presentation will help guide you through some of the choices made by health care providers and offer suggestions on working together with your provider in order to achieve optimal results. Please call 626-5040 to register, or email

LivingHealthy@arthritis.arizona.edu with your name and ask to be added to the list.

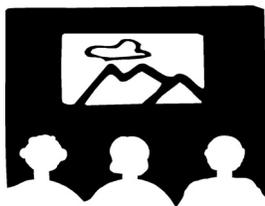
PCOA Senior Health Fair Report

Wingspan's Senior Pride had a table at Pima Council on Aging's (PCOA) health fair at Armory Park on October 6th. We had literature on Wingspan's programs (Anti-Violence, Senior Pride, EON Youth) along with rainbow ribbons and picture holders made by Rainbow Families and the infamous heterosexual questionnaire, with some thought-provoking questions (When did you first realize that you were heterosexual? If you've never had sex with someone of the same gender, how do you know you wouldn't like it? Why do you feel the need to flaunt your heterosexuality?). The ribbons and picture holders were all given away and most of the questionnaires, which it was hoped would open at least a few minds. Not much of the literature was taken and there was no evidence of any "conversions", despite our best efforts. Thanks to PCOA for their continuing support of Wingspan and for providing the opportunity to reach out to the broader senior community.



LGBT Film Festival (Southwest LGBT Film Society)

We want to acknowledge and welcome to Tucson Joe Sprague and Tom Forester, two fairly recent arrivals to the Old Pueblo who are establishing a new venue for LGBT films made by, for and about the LGBT community. A six-day LGBT Film Festival is scheduled to take place in February but take note of their "Out on Wednesdays" film series now in progress. Most films will be screened at The Screening Room in downtown Tucson at 127 East Congress St. Visit their website at outinthedesertff.org for information about upcoming films and let's show them our support in this new endeavor.



Keeping the Keys

The American Automobile Association (AAA) will be offering a free presentation to Senior Pride titled "Keeping the Keys" on Saturday November 19th at 3PM at Himmel Park Library. This free talk, open to the public, will focus on seniors and some of the issues which arise as we age and as eyesight, hearing and reaction times change.

Mary Pekas of AAA will present this program, which gives information on what seniors can do for themselves to remain safe drivers for as long as possible, self-assessment and self-improvement tools, transportation alternatives, effects of medications on driving and staying mentally and physically fit. She will also discuss the dreaded topic of making the decision to give up the keys and arrange for alternatives. If you have access to the worldwide web, check out AAA's website at www.AAASeniors.com for more information.

Himmel Park Library has been very supportive of Senior Pride and we appreciate their cooperation in providing space for this presentation, so please show your support and appreciation by attending this event. You may not need the information now, but we are all aging daily and will someday need to make these decisions for ourselves.

Seniors and Seizures

Seizures occur when neurons in the brain start to fire and chatter out of control. Epilepsy is diagnosed when someone has 2 or more seizures that are unprovoked. Seniors are the fastest growing segment of the population with epilepsy and with aging of the baby boomers, there will be more people at risk for seizures. At age 75, the risk of developing seizures is twice that of children and at 80, the risk is threefold.

The University of Arizona Department of Neurology is looking for seniors (65 and older) who began having seizures or were diagnosed with epilepsy

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Seniors and Seizures from pg 2

as of October 1, 2010 for an ongoing study to include the impact of seizures and/or diagnosis of epilepsy on the individual and his or her family and the utilization of health care services.

Grand mal seizures are obvious signs of epilepsy, but there are more subtle symptoms which may in fact be seizures:

- an almost unnoticeable tic
- language disturbances
- memory lapses
- confusion
- dizziness and upset stomach
- "spacing out" for brief periods
- strange visual field disturbances
- uncontrollable muscle spasms

If you experience these symptoms, keep a diary of incidents and discuss them with your health care provider. If you fit the profile for the study and would like to be included or just get more information, contact Dr. Jenny Chong at 626-1986 or Jim O'Rourke at 626-4167 or email epilepsy@neurology.arizona.edu. For more information about the study, you can also go to the website at <http://neurology.arizona.edu/epilepsy>.

TMC Senior Services Presentations

The following presentations will be offered in November 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.

Wednesday November 2nd 1:30 to 3:30PM - Alzheimer's Film and Discussion "What Every Caregiver Needs to Know About Alzheimer's"

Thursday November 10th 9 to 10AM - "Thyroid Disease", presented by Dr. Michael Maximov

Thursday November 10th 5:30 to 6:30PM - "Returning to Activity after a Sports Injury"

Tuesday November 15th 9 to 10:30AM - "Alzheimer's Disease", presented by Dr. David Teeple, Neurologist

Also, the Council of Senior Citizen Organizations (COSCO) offers its free monthly presentation at the same location Thursday November 10th from 1 to 3PM. Call 790-0504 for this month's topic.

An Addendum to Michael's Article on "Alta's Gift"

(published in September's Forum)

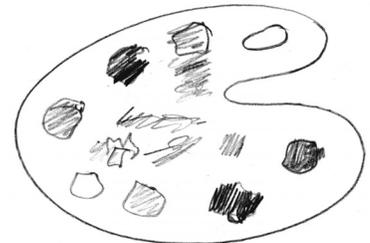
Alta (that's me) was born and raised in Hugo, Oklahoma (not Idabel), 50 miles from Idabel where Harold Stevenson was born and raised.

We met at an artist's colony gathering in Beaver Bend State Park in southeastern Oklahoma, in our early teens. A roving art teacher, Atha Dewese, went around to all the small towns in southeastern Oklahoma teaching oil painting. Harold and I both studied with her.

Harold was quite gifted from an early age. We became fast friends because of our sexual orientation and intellectual interests. We wrote letters, visited each other and had marvelous long conversations about life, philosophy, politics, art and, of course, sex. The friendship persisted for the rest of our lives (into the present). Harold met his life-time partner, Lloyd Tugwell, a Choctaw art teacher. They moved to New York City, Key West Florida, Europe, The Hamptons and back to Idabel. Harold became famous and had many exhibitions around the world. His paintings were human body landscapes, mostly male. Beautiful, sensual and dramatic.

Sal Mineo, the actor, posed for his best-

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November 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Iron Horse Park Cleanup 8:00 AM	2 TMC Presentation 1:30 - 3:30 PM Arthritis Lecture 6:00 -7:30 PM (see newsletter for details)	3	4	5 Accept Me Celebration Picnic 11:00 AM - 2:00 PM Himmel Park (see newsletter for details)
6	7	8 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	9	10 TMC Presentations Thyroid Disease 9:00 - 10:00 AM Sports Injuries 5:30 - 6:30 PM	11 Veterans Day	12
13	14	15 Iron Horse Park Cleanup 8:00 AM TMC Presentation 9:00 - 10:30 AM	16	17	18	19 40s and Better Breakfast Group 9:30 – 11:00 am Keeping the Keys 3:00 PM Himmel Library
20	21	22	23	24 Thanksgiving Day	25	26
27	28	29	30	31		

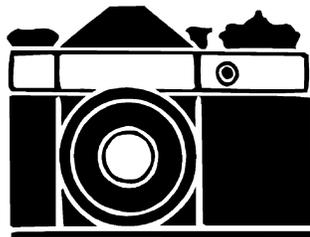
Due to space limitations in the calendar, see the newsletter itself for complete information for some activities.

on "Alta's Gift" from pg 3

known work, "The New Adam", now hanging in the Guggenheim in New York. We all know that Sal was murdered outside his New York apartment, a tragedy that too often afflicts gays. Sal was a very beautiful, sweet and gentle person whom I had the good fortune to meet at the Los Angeles gallery where "The New Adam" was first exhibited.

Harold painted in series. "Key West Death" was about AIDS; "The Great Society", about LBJ, was a series of 100 portraits of people who came from all over the globe to pose. His Grecian series was of statues with human body parts; very dramatic. His paintings of Oklahoman African-Americans and Native Americans were very powerful with rich attention to color and detail.

I studied photography and for 20 years documented Harold's life and work. Sadly, the negatives and many prints were lost in a fire and explosion of a live/work warehouse, occupied by artists of all kinds in 1984, in which 10 people were killed. It burned to the ground and I lost everything.



To comment further on another "gift" (the watercolor by Alysanne McGaffey), she is a well-known Bay area artist. We met in our youth while studying at the San Francisco Art Institute, and have remained friends. She has a life partner and they live in Pacifica, California.

The San Francisco Bay Area is rich with artists of all genres. My life and photos were filled with them. Thanks for listening.

Alta Fly

November 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

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, November 1 and November 15

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

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 19

(every 3rd Saturday of the month)

40s and Better Breakfast Group

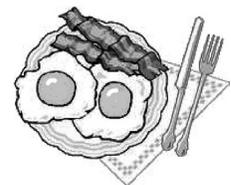
A welcoming network of lesbians
Royal Sun Best Western

Restaurant

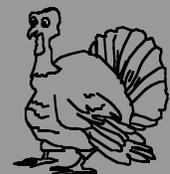
SW corner of Speedway and Stone

9:30 - 11:00 AM

Phone contact: Carol Ehrlich 520-584-0339



Happy Thanksgiving !





430 E. 7th Street
Tucson, AZ 85705

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Pride slays thanksgiving, but an humble mind is the soil out of which thanks naturally grow. A proud man is seldom a grateful man, for he never thinks he gets as much as he deserves. ~ Henry Ward Beecher

My cooking is so bad my kids thought Thanksgiving was to commemorate Pearl Harbor. ~ Phyllis Diller

The act is unjustifiable that either begs for a blessing, or, having succeeded gives no thanksgiving. ~ Merle Shain

Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence. ~ Erma Bombeck

I celebrated Thanksgiving in an old-fashioned way. I invited everyone in my neighborhood to my house, we had an enormous feast, and then I killed them and took their land. ~ Jon Stewart