



# SENIOR Wingspan's Elder Voice FORUM

Volume 7 Issue 2  
February 2011

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

430 East 7th Street, Tucson, AZ 85705 — 520-624-1779 — [www.wingspan.org](http://www.wingspan.org)

## Michael and Rick's 4 bits



With 2011 firmly under way we come to the "Love Month" of the year. Valentine's celebrations may or may not mean much to us, but in the wake of last month's horrific events here in the Old Pueblo a lot of love is needed to go forth from all of us as well as be received into our own spirits. Healing will be slow and difficult for all concerned, especially if we cannot begin to approach each other in love and blessing instead of hate and rancor. Valentine's Day and Presidents' Day are one week apart and this month's back page quotes offer an uncomfortable mixture of reality and finer aspirations.

Our calendar this month is a little crowded with events taking place on the same day. Let me point out that we can only squeeze so much information into the calendar itself, which is intended to be removed and posted on your refrigerator or bulletin board if you so desire. When space limitations on any given date of the month are insufficient for full information about an event, be sure to find the accompanying paragraph or article in the Senior Forum newsletter itself.

### TMC Senior Services Presentations for February

- Tuesday, Feb. 1st from 9 to 10:30AM - Peripheral Neuropathy
- Thursday, Feb. 3rd from 2 to 4PM - Fit at 50 and Beyond - Learn the importance of exercise and good nutrition in maintaining and improving health
- Wednesday, Feb. 9th from 9 to 10:30AM -

Uncluttered for Health and Safety - Conquer clutter in your living space to prevent health and safety risks

- Monday, Feb. 21st from 2 to 3PM - Tune up Your Brain - Learn challenging and fun games to help maintain mental acuity
- Friday, Feb. 25th from 9AM to Noon - Med Check and Dispose-A-Med - Join pharmacists and others to learn about the safe use of medications and safely dispose of unused medications

These events all take place at TMC's Senior Services 1400 N. Wilmot Rd. Please call 324-4345 to register.

### UMC Arthritis Lecture

The University of Arizona Arthritis Center presents its monthly lecture "Aging and the Impact on Arthritis Care" Wednesday, February 2nd from 6 to 7:30PM in the Chase Bank Auditorium Room 8403, College of Medicine, 1501 N. Campbell Ave. Rafael P. Grau, MD, will talk about the special challenges present in elderly patients in the treatment of rheumatic diseases. The program is free and open to the public. Please call 520 626-5040 or e-mail [livinghealthy@arthritis.arizona.edu](mailto:livinghealthy@arthritis.arizona.edu) to reserve a seat.

### Love Your Bones

A morning of information on bone and joint health will take place at the Tucson Medical Center Marshall Conference Center 5301 E. Grant Rd. on Saturday February 5th from 8AM to Noon. The event will include nutrition and exercise demonstrations, bone density checks and more. For more info and to register call 324-1960.

## Healthy Sexuality and Aging

The 4th annual Healthy Aging and Sexuality Workshop will take place Friday, February 11th from 1 to 3:30PM at the Tucson Medical Center Marshall Conference Center, 5301 E. Grant Rd. Learn about the importance of sexual health through the lifespan, things that can affect level of desire and ways to maintain desired levels. Register early as this event fills up quickly. Call 324-1960 to sign up or for more information.

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### A Valentine's Invitation from PFLAG

To all our heart-connecting enthusiasts:

It is time once again to honor our GLBTQI couples! We have set aside Wednesday, February 2, 2011 to celebrate the love that connects (or has connected) many of you to a very special person. Everyone is invited, whether in a relationship or not. This just might be the time when "opportunity knocks" for our singles! Please join us to share in a heart-filling evening. We will meet from 7 - 9 P.M. at our regular PFLAG meeting



place - Ward 6 Office, 3202 E. 1st Street, Tucson.

As always, there will be a banquet of refreshments, provided by our PFLAG members, and wonderful "how-we-met stories" to entertain us.

We hope you will invite friends to join you on this occasion, as well. It is, after all, a celebration to be shared by lots of heart-connecting enthusiasts!

Please RSVP to Karen/Jack at 520-207-9120 (leave message) or Email us at karenj7@cox.net

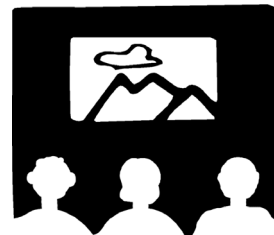
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### A Senior Pride Outing for February

Senior Pride will visit the Miniature Museum on Tuesday, February 15, at 1 PM. This museum is located at 4455 E. Camp Lowell (which becomes Ft. Lowell). The admission is \$7 regular and \$6 for seniors (65+). The museum houses over 275 miniature houses, room boxes and other items. From what we've heard friends say, it's a fascinating place to visit. Please come and join us for this unique experience.

## Lesbian Looks Films

The 18th annual Lesbian Looks Film Series continues Friday, February 18th at 7:30 PM at the U of A Gallagher Theater in the Student Union with the free screening of 2 films. "Bye Bi Love", a short film, explores whether we ever truly let go of past loves as Vera, the central character, thinks back to her relationships with an ex-husband and an ex-girlfriend. "Tierra Madre" is based on the true life story of its star Aidee Gonzalez and the struggles she faces. Shot with a cast of non-actors, a budget of \$2000 and a crew of only one, it has garnered many film awards.

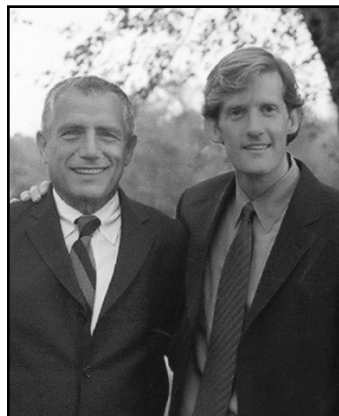


Coming later in the spring is "Untouchable Girls: The Topp Twins", a documentary about twin sisters Jools and Lynda who have a popular TV show in New Zealand, tells the story of these two lesbian women, from their beginnings on a dairy farm to their pop culture icon status. The film will be shown at the Loft Cinema, date to be announced, at regular admission prices. Look for further info in the Forum or check out the Lesbian Looks website at <http://web.arizona.edu/~lgbcom/lesbianlooks/lobbydoor.html>.

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### "Out in the Silence" to be shown at the Loft Theatre

On Tuesday, February 22, the Loft will be showing the film "Out in the Silence". This film was made by a gay male couple. When they were married, one had it published in the local newspaper of his small home town. They received a lot of negativity from this, so visited the town and talked to people there. Due to this, a number of people changed their outlook and attitude towards gay people. It is a wonderful and



## WHY I LOVE TUCSON

I was first in Tucson around 1993 on a selling trip to get my stained glass pieces into shops. I was here for three days and remembered from that trip how friendly, helpful, nice and outgoing people in Tucson were. Since I do love the desert, when it was time to think about where to live upon retiring, I began checking various things about Tucson on the computer and liked everything I saw. We came here for a week eight months before moving here and I fell in love with it. When we were new here, Lee became tired of my pointing all four directions and saying "look, mountains!". Now, living in the middle of the city, we're exactly an eight-mile drive to Sabino Canyon, which is definitely the desert and mountains at their best.

I hadn't realized until moving here that Tucson is so full of the arts. When the Muse arts center was still standing, a woman working at the front desk told me that one person in four here considers her/himself to be some kind of an artist. Of course that doesn't necessarily mean they are that talented, but that is the level of interest. Tucson is one of only 16 cities in the entire country to successfully have it's own orchestra, ballet company and opera company. The performances given by the theatre and dance departments at the university are better than some professional companies I've seen. Having studied dance in my youth, I've just about been knocked off my seat at how excellent Tucson Ballet and some of the local modern dance companies are.

The problem is that there are always so many wonderful things happening here. I find it difficult to find time for myself at home, and it seems that every time I'm out doing something interesting I'm missing a couple other things going on at that same time that I want to do or attend. For example, last night I attended a play given by one of our local community theatres. Doing so made me miss two other things I wanted to do. The evening before I attended a performance given by Zuzi Dance and missed a large get-together that I had wanted to attend. Our kitchen calendar has something written on it almost every day of the month, every month. Many of these items are not fulfilled due to this problem of too many things going on at the same time.

This began with mentioning how nice people here are. Not only have I noticed this, but I've heard several other people, mostly those who have recently moved here, say the same thing. I've said, and it is true, that before we lived here one year we had more good friends - underline good - than we had after several years of living anywhere else. Most of these people are members of the LGBT community. Another example: a couple years ago when there was a large Transgender convention here. Lee and I were two of several volunteers at the convention. We worked there three days in a row, and we were told that at this, I believe the 13th such convention around the country, this was the first where people who are not members of the Transgender community worked as volunteers. I was so proud to be representing Tucson there.

We've been here more than 6-1/2 years now and I still often say, either to myself or to someone I'm with, "Life in Tucson is so wonderful!". When I meet someone who has recently moved here, I tell them that if they haven't already, they will find that moving to Tucson is the best thing they'll ever do for themselves. Quite a few times people have answered, "I've already found that out".

Lee laughs and says I should work for the Chamber of Commerce due to the way I go on about Tucson. Well, I really do love it. Some of you who are reading this are part of the reason for this.

Merlin Spillers

February 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Iron Horse Park Cleanup 9:00 AM  TMC Presentation 9:00 - 10:30 AM	<b>2</b> PFLAG Valentine's Meeting 7 - 9 PM  UMC Arthritis Lecture 6 - 7:30 PM	<b>3</b> TMC Presentation Fit at 50 & Beyond 2:00 - 4:00 PM	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> Wingspan Senior Pride Meeting Himmel Library 2:00 PM	<b>9</b> TMC Presentation Uncluttered for Health & Safety 9:00 - 10:30 AM	<b>10</b>	<b>11</b> Healthy Sexuality & Aging Workshop Tucson Medical Center 1 - 3:30 PM	<b>12</b>
<b>13</b>	<b>14</b> Valentine's Day	<b>15</b> Iron Horse Park Cleanup 9:00 AM  Miniature Museum Tour - 1 PM	<b>16</b>	<b>17</b>	<b>18</b> Lesbian Looks film series - 7:30 PM U of A Gallagher Theatre	<b>19</b> 40s and Better Breakfast Group Royal Sun Best Western Restaurant 9:30 - 11:00 am
<b>20</b>	<b>21</b> Presidents' Day  TMC Presentation Tune Up Your Brain 2:00 - 3:0P AM	<b>22</b> PCOA Benefits Enrollment Fair 9 AM - Noon Dinner & a Show - Guilin Restaurant & Loft Theatre	<b>23</b>	<b>24</b>	<b>25</b> TMC Presentation Med Check 9:00 - Noon	<b>26</b>
<b>27</b>	<b>28</b>					

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

uplifting film. Along with the showing, one of the two men, Joe Wilson, will be here for questions and answers and conversation after the showing.

The film was shown twice at the Himmel Park Library back in August and September 2010. If you're not familiar with this film, the internet has quite a lot of information about it at <http://www.wpsu.org/outinthesilence>.

Senior Pride members will be meeting before the showing at the Guilin Chinese Restaurant which is right across the street from the Loft. The showing is at 7:30 pm and we'll meet at 5:30 for dinner. Please RSVP no later than Sunday, February 20, to Lee and Merlin at 207-5336 so we can tell the restaurant in advance how large a group we'll be.

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## More News of Interest from PFLAG

Applications materials for PFLAG Tucson's 2011 scholarships are now posted on-line at <http://www.pflagtucson.org/scholarships/>, and we encourage any interested and qualified students to apply. Please spread the word. This year PFLAG Tucson will award five \$1,000 Gene Moore Scholarships and one \$1,000 Mark Woodland Memorial Scholarship to LGBT graduating seniors headed to college, undergraduate students, and graduate students.

In addition, Tucson LGBT is teaming up with PFLAG again this year to offer four \$250 School Books Scholarships to LGBT graduating seniors who will be attending Pima College. This is a little harder group of people to reach, and we need all of the help we can get to get the word out to the right people. Please forward this to anyone you know who may qualify or who has a son or daughter who might.

PFLAG Tucson feels very fortunate to be able to offer this strong support to LGBT students again this year. We thank our many donors who have made this possible.

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## PCOA Benefits Enrollment Fair

Adults 55 and older can get one-to-one assistance in learning which benefit programs



they are eligible for and apply on the spot for many of those programs at the Fair on Tuesday, February 22nd from 9 to noon at Freedom Park Center, 5000 E. 29th St. (between Swan and Craycroft). If your individual monthly income is equal to or less than \$2,307.50, bring the following info about yourself or the person you are helping and get assistance applying for benefits:

- Street address and zip code
- Date of birth
- Type of residence (house, apartment)
- Length of time in current residence
- Veteran status
- Employment history
- Current income and assets

## February Events

### Meander in Tucson Meetup Group

List of events for lesbian women

<http://www.meetup.com/MeanderinTucson>

### Tuesday, February 1 and February 15

(1st and 3rd Tuesdays) 9AM

### Adopt a Park Iron Horse Cleanup

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



### Tuesday, February 8 (2nd Tuesday)

### Senior Pride Planning Meeting

2 PM at Himmel Park Library, 1035 N.

Treat Avenue (off Speedway) ph: 594.5305

### Saturday, February 19

(every 3rd Saturday of the month)

### 40s and Better Breakfast Group

A welcoming network of lesbians

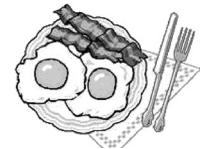
Royal Sun Best Western Restaurant

SW corner of Speedway and Stone

9:30 - 11:00 AM

Phone contact: Carol Ehrlich

520-584-0339





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ABUSE OF WORDS HAS BEEN THE GREAT INSTRUMENT OF SOPHISTRY AND  
CHICANERY, OF PARTY, FACTION, AND DIVISION OF SOCIETY.

~ John Adams

**A kiss is a lovely trick designed by nature to stop speech when  
words become superfluous.**

~ Ingrid Bergman

*A very small degree of hope is sufficient to cause  
the birth of love.*

~ Stendhal

Being deeply loved by someone gives you strength, while loving someone  
deeply gives you courage.

~ Lao Tzu

**Democracy... while it lasts is more bloody than either aristocracy or monarchy.  
Remember, democracy never lasts long. It soon wastes, exhausts, and murders itself.  
There is never a democracy that did not commit suicide.**

~ John Adams