



# SENIOR Wingspan's Elder Voice FORUM

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May 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](http://www.wingspan.org)

## Michael and Rick's 4 bits



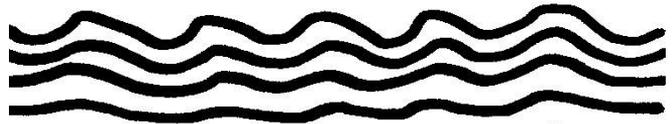
We're hoping to get some good events and activities scheduled before the summer weather makes its 2011 debut. Accordingly, we're pointing out some of the things we have in store for the merry month of May.

We are going to have a potluck picnic at the Rio Vista Park on Saturday, May 14 - noon to whenever. This is a somewhat secluded park at the very north end of Tucson Blvd, past Prince Road and past the "Dead End" signs at Allen Road. The park overlooks the wash and is usually not as busy as Reid or some of the other parks in town. Join us at Ramada #1. Be sure to read the newsletter for details - our calendar page can't always list complete information due to space limitations.

Then there is the Wingspan Prom taking place the next Saturday evening, May 21st at the recently remodeled One Toole building (1 Toole Avenue on the northeast corner of Toole Ave and Stone, just south of the railroad overpass on Stone). This is a Wingspan fundraiser which is open to all adults over the age of 21 - see below for complete details.

and referrals to the general public. If you didn't make it to the Open House, come down and check it all out during regular hours.

## The Wonder of Water



University Medical Center's Living Healthy with Arthritis series presents Carolyn Rashti discussing her 96-degree saltwater pool and its use in treating fibromyalgia and arthritis-related diseases. A second speaker will address the spiritual, psychological and social benefits of humor in dealing with these painful conditions.

The presentation is free and open to the public Wednesday May 4th from 6 to 7:30PM at UMC, 1501 N. Campbell Ave. in the Chase Bank Auditorium, Room 8403. Reservations are required. Please call Jessica Winburn at (520)626-5040 or e-mail reservations to [LivingHealthy@arthritis.arizona.edu](mailto:LivingHealthy@arthritis.arizona.edu).

## Community Center Makeover



Wingspan now has a new look! An anonymous donor provided furniture, bookshelves and wall and ceiling treatments to give

Wingspan a makeover. No more collapsible seating! An Open House took place on Tuesday, March 29th from 5 to 7PM (sorry, but we couldn't get the word out sooner in the Forum). Also, the Anti-Violence Project office has expanded into a front office space in the same building with additional hours (1AM to 5PM) to serve clients and provide information

## Coffee with the ASM Curators

Museum Exhibitions A to Z!  
Join AZ State Museum Senior Exhibit Coordinator, Davison Koenig, who will give an overview of what goes on behind-the-scenes to create memorable visitor experiences.

Wednesday, May 4 from  
3 - 3:45PM  
Lobby, AZ State Museum  
Free and open to the public  
[www.statemuseum.arizona.edu](http://www.statemuseum.arizona.edu)



\*Enjoy freshly brewed coffee and a delicious assortment of cookies donated by Paradise Bakery and Cafe!

## Senior Pride Potluck Picnic

Senior Pride will have a picnic on Saturday, May 14, at 12 noon. This will be at Rio Vista Park which is at 3974 N. Tucson Blvd. This is at the end of Tucson Blvd, north of Prince. We'll be at Ramada #1. This is a potluck so please bring a dish to share.



## Do You Know Your Numbers?

It's that time again - Stroke Check is here. Tucson Medical Center, the American Stroke Association and the American Heart Association once again sponsor a set of screenings to assess your risk for stroke, the number 3 killer of people in the United States. You are at risk for a stroke if you are age 55 or older, have high blood pressure, smoke cigarettes, have diabetes, have heart or blood vessel disease, high cholesterol, sickle cell disease, atrial fibrillation or have had a stroke in the past.

Some of the signs of stroke include sudden numbness or weakness of the face, arm or leg, especially on one side of the body; sudden confusion or trouble speaking or understanding; sudden trouble seeing in one or both eyes; sudden dizziness, loss of balance and coordination or difficulty walking; or a sudden severe headache with no known cause. These could indicate a possible stroke and medical treatment should be sought as soon as possible, as every minute counts!

Knowing your numbers can let you know if you are at risk for a stroke, so plan to attend this FREE event on Saturday May 14th from 8AM to Noon at any of 6 locations in the Tucson area (Tucson Medical Center Marshall Conference Center; St. Joseph's Hospital; St. Mary's Hospital; University Medical Center; Northwest Medical Center; and Oro Valley Hospital ). No appointment is required, just walk in and begin the process of moving through the various stations, getting blood pressure, total cholesterol, blood sugar, EKG and other tests to determine your risk for a stroke. An eight-hour fast prior to arrival is recommended for accurate results and a doctor

will be on hand at the end of the procedures to discuss your risk. The last intake will be at 11:30 and it should only take about 45 minutes. Call 324-1960 for more information about the exact location at each facility.

## Help in Hard Times

With approximately 38M Americans on Food Stamps these days, Wingspan Senior Pride thought it might be helpful if our newsletter could list area locations where low cost meals are available to (LGBT) seniors. (It's along the same line of thinking we had when we've printed low cost recipes in previous issues of the Senior Forum)

### Here are a few of them:

**TMC/Tucson Medical Center Cafeteria** on M - F from 0930 - 1500. A \$3 donation is suggested. 546.2257 or [www.tmc.az.com](http://www.tmc.az.com)

**PCOA Congregate Meal Programs** listings published every month in their Never Too Late paper. A donation of \$2 is suggested. 790.7262 or [www.pcoz.org/older-adult-program-and-services](http://www.pcoz.org/older-adult-program-and-services) . Click on "senior center meals" then click on "view monthly menu".

**Mobile Meals** provide meals for people with special dietary needs or circumstances. Sliding scale fee. 622.1600.

**ICS/Interfaith Community Services** at 297.6049.

...or even becoming a member of TCCC/Tucson Chinese Cultural Center's Thursday Senior Program. The \$60/55+ annual membership includes AM warm-up exercises like cardiovascular line dancing followed by Tai Chi Classes, Mah-jongg gaming and Lunch. At \$60 for 51 Thursdays (closed on Thanksgiving) it comes to \$1.18 for each Thursday, activities with lunch all inclusive! What a Deal!! Call Patsy Lee @ 292.6900 or visit [www.tucsonchinese.org](http://www.tucsonchinese.org) (DO NOT HAVE TO BE CHINESE TO JOIN!)

## Having the Time of My Life

Wingspan's Prom for adults 21+, The Time of My Life, takes place May 21st from 8PM till midnight (if you can stay up that late!).



# ALISON DAVISON - PAST, PRESENT AND FUTURE

Alison Davison is the Coordinator (or Crone) of Wingspan's Southern Arizona Gender Alliance (SAGA) and an advocate and educator with Wingspan's Anti-Violence Programs.

A child of the 1950s and '60s, she grew up back East, where she developed an early fascination with life on the edge. She discovered "beatnik" literature, jazz and R&B while a young teen. Later, she was advised to pursue an alternative sort of education at some place like Antioch College, where she should study art.

Of course, Alison never could or would follow the directions of experts. She did go off to college in Ohio – but not Yellow Springs. After two years at a nice liberal arts school, she left for California, where she continued her education, first in school, and then, more experientially, as a full-time hippie in San Francisco in 1966.

In 1968, after some serious drama involving police in Chicago and later visits from the FBI, she moved to the Pacific Northwest . . . Orcas Island. Three years later, she moved to Seattle.

Alison (in her former gender identity) was a conscientious objector and needed to do her "alternative service" or go to prison. She chose to start her career in social services at the Open Door Clinic. While there, she started training as a Gestalt therapist. She then worked in community mental health and finally finished her undergraduate education at the University of Washington, following an anthropological path to a degree in international studies.

Alison made a career jump into technology, hoping to get rich. She did not get rich but learned a lot about computers and moved to Arizona. As her job was about to be shipped to India, Alison went back to social-service work at the Southern Arizona AIDS Foundation.

Alison has been involved with Wingspan, in one way or another, for nearly 10 years. She began volunteering with the Development Department and later moved on to the Speaker's Bureau, SAGA and the Wingspan Board. She has been a part of the full-time staff since September 2008.

Alison believes in collaboration. She has been active with the University of Arizona as a member of the President's Diversity Advisory Council. She has been involved with the LGBTQ Behavioral Health Coalition since it was just a good idea. And she has been a part of the AIDS Education and Training Center's faculty.

She posed naked for an HIV-prevention poster, had a role in the "Vagina Monologues" (at the Fox Theater), helped out with Take Back the Night, has supported the Tucson Indian Center's new LGBT 2Spirit group, has presented to several Border Health Conferences, and has worked with affirming congregations. She loves the time she gets to spend with our Eon youth.

Alison will be leaving Wingspan at the end of April to move back to Seattle, She is looking forward to new challenges in her old home and to being with her family.

May 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Iron Horse Park Cleanup 9:00 AM	4 Coffee w/Curators AZ State Museum 3:00 - 3:45 PM  The Wonder of Water - UMC 6:00 - 7:30 PM	5	6	7
8	9	10 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	11	12 COSCO Presentations: 8:30 - 10:00 AM  1-3 PM, TMC El Dorado Campus	13	14 Stroke Check 8:00 AM - Noon (6 locations)  Senior Pride Picnic Rio Vista Park Noon - Potluck
15	16 COSCO Presentations: 10:00 - 11:30 AM  1 - 2:30 PM, TMC El Dorado Campus	17 Iron Horse Park Cleanup 9:00 AM  COSCO Presentation: 9:00 - 10:30 AM	18 COSCO Presentation: 10:00 - 11:30 AM TMC El Dorado Campus	19 COSCO Presentation: 1:00 - 4:00 PM TMC El Dorado Campus	20 COSCO Presentations: 10:00 - 11:00 AM  11:00-Noon, TMC El Dorado Campus	21 Reveille Concert Temple of Music & Art 8:00 PM  Wingspan Prom 1 Toole Avenue 8:00 PM -Midnight
22 Reveille Concert Temple of Music & Art 3:00 PM	23	24	25	26	27	28
29	30	31				

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

Dress code is be yourself, with themes honoring the previous 6 decades (break out the bell bottoms, platform shoes and disco attire) and refreshments will be provided, including an open bar. This event, a fundraiser for Wingspan, takes place at the newly remodeled One Toole building (at 1 Toole Avenue on the northeast corner of Toole Ave and Stone, just south of the railroad overpass on Stone). Street parking at metered spaces is free after 5PM along Toole Ave and west of Stone on Franklin. Tickets are \$25 and available online at [www.wingspan.org](http://www.wingspan.org) or at the new Wingspan Anti-Violence Project office in front of the Wingspan Community Center (430 E. Seventh St.) Monday through Friday from 11AM to 5PM. Tickets can be purchased with cash or credit card. Be there or be square.

**Reveille Presents:  
“From OUT of the West We Come”**

A BBQ-flavored concert with all the fixins! Reveille takes on western Americana and makes it their own. Load up the wagons and get ready to travel down the ol' Chisom trail for a Reveille-style hoedown.



May 21 at 8 pm and May 22 at 3 pm in the Temple of Music and Art at 330 S Scott Avenue. General admission tickets in advance \$15 and at the door \$20, senior tickets \$15, and student tickets \$10. Tickets may be purchased from Reveille members or online at [www.reveillemenschorus.org](http://www.reveillemenschorus.org).

**TMC Senior Services Presentations  
(COSCO Presentations)**

The following free presentations will take place at Tucson Medical Center's Senior Services facility (1400 N. Wilmot Rd.). Please call 324-4345 to register or for more information.

**Thursday May 12th**

8:30 to 10:00 AM - Health Living with Diabetes

1:00 to 3:00 PM - End of Life Issues (wills, powers of attorney etc.)

**Monday May 16th**

10:00 to 11:30 AM - Making the Brain-Body Connection to Improve Function

1:00 to 2:30 PM - All About Brain Health

**Tuesday May 17th**

9:00 to 10:30 AM - Dementia vs. Delirium

**Wednesday May 18th**

10:00 to 11:30AM - Understanding Traumatic Brain Injury

**Thursday May 19th**

1:00 to 4PM - What's New in Stroke Recovery and Support

**Friday May 20th**

10:00 to 11:00 AM - Exercises for the Brain and Body

11:00 AM to Noon - Using Rhythm for Brain Stimulation

**May Events**

**Meander in Tucson Meetup Group**

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

**Tuesday, May 3 and May 17**

(1st and 3rd Tuesdays) 9AM

**Adopt a Park Iron Horse Cleanup**

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



**Tuesday, May 10 (2nd Tuesday)**

**Senior Pride Planning Meeting**

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

**Saturday, May 21**

(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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**Believe that life is worth living and your belief will help create the fact.**

- William James

*Do not dwell in the past, do not dream of the future,  
concentrate the mind on the present moment.*

- Buddha

**HERE IS THE TEST TO FIND WHETHER YOUR MISSION  
ON EARTH IS FINISHED: IF YOU'RE ALIVE, IT ISN'T.**

- Richard Bach

*Any idiot can face a crisis - it's day to day living  
that wears you out.*

- Anton Chekhov

**I think I've discovered the secret of life - you just hang  
around until you get used to it.**

- Charles M. Schulz