



# SENIOR Wingspan's Elder Voice FORUM

Volume 8 Issue 1  
January 2012

430 East 7th Street, Tucson, AZ 85705 — 520-624-1779 — www.wingspan.org

## Michael and Rick's 4 bits



What is there to say at the start of this new year except "Happy 2012" to all of you in the Wingspan Senior Pride family! Senior Pride is still going strong as a completely volunteer-run program under the auspices of Wingspan. Thanks again to all who have stepped forward with their time and talents during the past year. We are looking forward to a great 2012 in the hopes that much will be changing for the better. And again, there is always room for anyone and everyone who might like to join us in planning our activities. Your ideas, talent and abilities are of great value to us. 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.

## Lovin' Life after 50!

Tucson Medical Center and the publication "Lovin' Life after 50" present the 24th annual expo at the Doubletree Hotel, 445 S. Alvernon Way on Monday, January 9th 2012 from 9 AM to 2PM. Admission and parking are FREE! Booths will feature products and services of interest to seniors. Door prizes and an hourly cash drawing for \$100 will be included at the event. For more information, call Rochelle Van de Weile at 1-800-959 1566, ext. 401.

## Tucson Medical Center Senior Services Presentations

The following free presentations take place at TMC's Senior Services Center, 1400 N.

Wilmot Rd. Please call 520 324-4345 to register in advance.

Wednesday, January 11th from 10AM to Noon  
**Elder Law: Advance Directives and Palliative Care**

Thursday, January 12th from 5:30 to 6:30PM  
**Healthy Feet: Treatment Options for Common Causes of Foot and Ankle Pain**

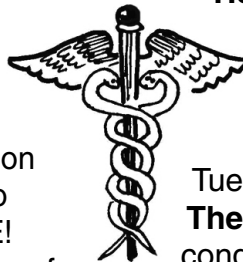
Tuesday, January 17th from 9 to 10:30AM  
**Deep Brain Stimulation**

Thursday, January 19th from 1 to 3:30PM  
**Respiratory Health: Valley Fever - (get a free lung function screening test!)**

Wednesday, January 25th from 10AM to Noon  
**Fit at 50 and Beyond**

Thursday, January 26th from 1:30 to 3PM  
**Heart Health/Blood Pressure Clinic - (bring your home blood pressure equipment for testing and hear a talk on preventing heart disease)**

Tuesday, January 31st from 10 to 11AM  
**The Eyes Have It - (lecture on medical conditions in the mature eye)**



## Positive Strides to Living Healthy With Arthritis

The University of Arizona's Arthritis Center presents its annual day-long program exploring health information and services to improve daily life for those with arthritis. The event takes place on

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## Positive Strides from page 1

Saturday, January 21st from 9AM to 3:30PM at the University Medical Center Duvall Auditorium, 1501 N. Campbell Ave. Cost is \$12, which includes a continental breakfast and light lunch. Free parking is available in the UMC visitor/patient parking garage in front of the main entrance to UMC, or in Zone 1 parking lots in front of the School of Nursing or the Health Sciences Library. Space is limited and early registration is advised either by calling 520 626-5040 or emailing [livinghealthy@arthritis.arizona.edu](mailto:livinghealthy@arthritis.arizona.edu).

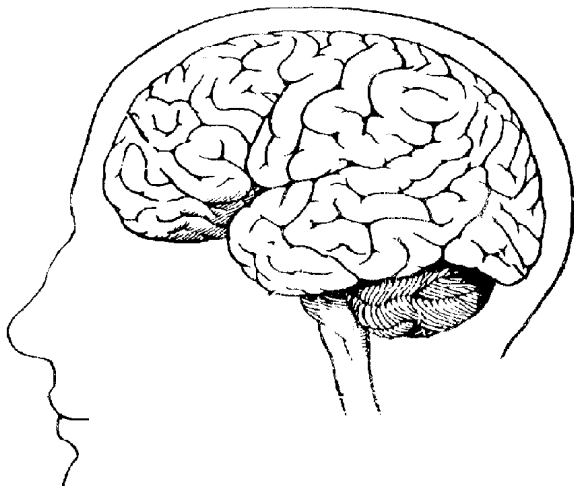
Keynote speaker James Benjamin, MD, will present current advancements in total joint replacement and will look at the future of artificial joints. Then, participants will choose from 4 presentations in each of 2 breakout sessions, dealing with ankles, the back, cartilage regeneration, weight management, rheumatoid arthritis and pain management.

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## Seniors and Seizures

Senior Forum published this notice in November, but we have decided to run it again as the study is expected to continue for at least a couple of years into the future. Please consider participating if you feel you might qualify.

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 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](mailto:epilepsy@neurology.arizona.edu). For more information about the study, you can also go to the website at <http://neurology.arizona.edu/epilepsy>.

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## Space Heater Safety

It's winter in Tucson, though many would argue that this is nothing compared to the parts of the country that most of us have escaped from. Space heaters are one way to heat our living spaces, but if not used

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## Special Post-Holiday Games Day

Join Senior Pride and other interested players on Sunday, January 22, from 1 to 5 at the Himmel Park Library for an afternoon of relaxation after the holiday hubbub. The library has a number of board games, but we'd like you to bring your own favorite card or board game to add to the choices. We're also asking people to bring potluck snacks (we all know that no one has had enough junk during the holiday season!). Please call Lee and Merlin at 207-5336 so we'll know what games we may have.

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## Centennial Centenarians

Arizona's state Centennial is coming up on February 14th, 2012 and the state wants to pay tribute to its citizens and businesses that

have been around as long or longer than Arizona has been a state. Are you, or do you know someone who is or will be 100 years



old in 2012, or do you know of a business that has been in existence for 100 plus years? Arizona will host a birthday brunch on Tuesday, February 14th 2012 for these individuals and businesses in

Phoenix. To register or to submit a centenarian for this celebration, call 602-364-0781 or go to the Centennial website [www.az100years.org](http://www.az100years.org). Happy Birthday, Arizona!

## Humor Corner

### *How True It Is*



Another year has passed  
and we're all a little older.  
Last summer felt hotter  
and winter seems much colder.

I wrack my brains for happy thoughts  
to put down on my pad.  
But lots of things that come to mind  
just make me kind of sad.

There was a time not long ago  
when life was quite a blast.  
But now I fully understand  
about living in the past.

We used to go to weddings,  
football games and lunches.  
Now we go to funeral homes  
and after-funeral brunches.  
We used to have hangovers

from parties that were gay.  
Now we suffer body aches  
and while the night away.

We used to travel often  
to places near and far.  
Now we get sore bottoms  
from riding in the car.

We used to go out shopping  
for new clothing at the mall.  
But now we never bother...  
All the sizes are too small.

We used to go to nightclubs  
and drink a little booze.  
Now we stay at home at night  
and watch the evening news.

*May God let us all  
grow old gracefully*

*Wishing you all  
A Happy "New Year 2012"*

*Wingspan Senior Pride*

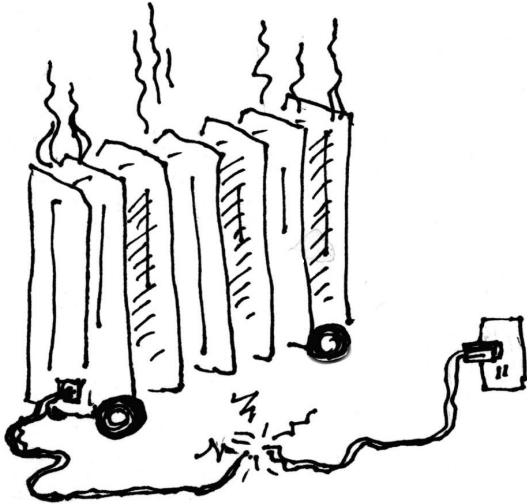
January 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> New Year's Day	<b>2</b>	<b>3</b> Iron Horse Park Cleanup 9:00 AM	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> Lovin' Life after 50 Expo - 9AM - 2PM Doubletree Hotel	<b>10</b> Wingspan Senior Pride Meeting Himmel Library 2:00 PM	<b>11</b> TMC Presentation Elder Law 10 AM - Noon	<b>12</b> TMC Presentation Healthy Feet 5:30 PM - 6:30 PM	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b> Iron Horse Park Cleanup 9:00 AM  TMC Presentation Brain Stimulation 9 AM - 10:30 AM	<b>18</b>	<b>19</b> TMC Presentation Respiratory Health 1:00 PM - 3:30 PM	<b>20</b>	<b>21</b> 40s and Better Breakfast Group 9:30 AM – 11:00 AM  UA Arthritis Center Program
<b>22</b> Senior Games Himmel Park Library 1:00 PM - 5:00 PM	<b>23</b>	<b>24</b>	<b>25</b> TMC Presentation Fit at 50 & Beyond 10 AM - Noon	<b>26</b> TMC Presentation Heart Health 1:30 PM - 3:00 PM	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b> TMC Presentation The Eyes Have It 10:00AM - 11:00AM				

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

## Space Heater Safety from pg 2

properly and safely, they can lead to fires, injury and death.

It is estimated that more than 25,000 residential fires each year are associated with space heaters, as well as 300 deaths. So if you decide to use a space heater, here are some suggestions for using them safely.



- Make sure the heater has an Underwriter's Laboratory label attached to it (this assures that the basic design has been approved as safe).
- Check for old, frayed or brittle power cords and do not use the heater if any of these is present.
- Make sure that the power cord is not located where anyone can step on it or trip over it.
- Do not use a light duty extension cord (it is highly recommended that NO extension cords be used, but if you must, use a cord marked no.14 or no.12 AWG - these are thicker, heavier cords that can carry more electrical current without overheating).
- Position the heater at least 3 FEET from furniture, draperies, bedding or other combustibles.
- Set heater flat on the floor - do not prop it up or set it on anything.
- Keep pets and children away from heaters

(an estimated 6,000 people per year visit emergency rooms due to burns caused by space heaters).

- Heaters with "open" heating elements (elements protected only by metal mesh or a grill) should be avoided. Heaters that circulate warmed liquid or oil through a closed system are preferable.
- TURN OFF the heater when you leave the room and when you go to sleep.
- UNPLUG the heater when you leave home.

## January 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, January 3 and January 17  
(1st and 3rd Tuesdays) 9:00 AM (NOTE TIME CHANGE!)

### Adopt a Park Iron Horse Cleanup

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



Tuesday, January 10 (2nd Tuesday)

### Senior Pride Planning Meeting

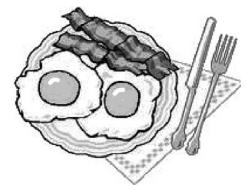
2 PM at Himmel Park Library, 1035 N. Treat Avenue (off Speedway) ph: 594.5305

Saturday, January 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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Tucson, AZ 85705

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**THE MORE YOU PRAISE AND CELEBRATE  
YOUR LIFE, THE MORE THERE IS IN LIFE  
TO CELEBRATE.**

~ Oprah Winfrey

*If you asked me for my New Year Resolution, it would be  
to find out who I am.*

~ Cyril Cusack

**I know. I'm lazy. But I made myself a New Years resolution that I would  
write myself something really special.  
Which means I have 'til December, right?**

~ Catherine O'Hara

**Always bear in mind that your own resolution to succeed  
is more important than any other.**

~ Abraham Lincoln

*I have no way of knowing how people really feel, but the vast majority of  
those I meet couldn't be nicer. Every once in a while someone barks at me.  
My New Year's resolution is not to bark back.*

~Tucker Carlson