



SENIOR Wingspan's Elder Voice FORUM

Volume 8 Issue 11
November 2012

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

Michael and Rick's 4 bits



OK, this could turn into more than our usual '4 bits', but only because we of Senior Pride and all of Wingspan and PCOA are feeling so very wonderful at the turnout we had this past Sunday for the screening of "Gen Silent". Our thanks go out to the Jewish Community Center and their upcoming (in January 2013) Film Festival for their generous help and support in making this event such a resounding success! All of us on the organizing committee are supremely grateful to Dr. Kevin Maxey's expert (of which even he was unaware) leadership and organizing abilities in bringing this important and educational event to pass. As if that were not enough, at practically the last minute we were informed that Stu Maddux, producer, director and all-around creator of the film, was in Phoenix and planned to take time out to come down to Tucson to see our community in action. During the panel discussion and Q&A session, Mr. Maddux complimented us all by saying that we were "ahead of the curve" in bringing the issues addressed in "Gen Silent" to the forefront in public awareness.

And we thank all of you who attended and/or spread the word to your own network of friends and acquaintances. We would love to hear from you if you were there. Share your thoughts, opinions and comments with us by email at seniorpride@wingspan.org or join us at our November meeting at Himmel Library (November 13th at 2PM) - there is room for all at our table.

Taking it to the Community - Project Visibility

By now our readers have heard about the Project Visibility training offered to assisted living facility and home health care agency staff,

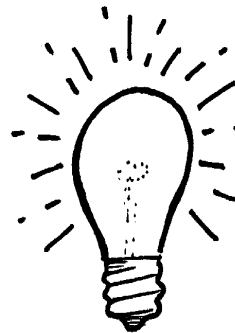
intended to expose caregivers to the potential problems that LGBT seniors might face in these settings and to foster sensitivity and respect for our community members in these settings. Now Pima Council on Aging (PCOA), along with Wingspan and the LGBT Jewish Inclusion Project are presenting this video to the broader public on Thursday, November 8th from 10 to 11:30AM in a free screening at the Jewish Community Center, 3800 E. River Rd. Come view the video, produced by Boulder County Aging Services and participate in a discussion about the subject. For more information, call PCOA at 790-7262.

Expanded Hours for Wingspan Welcome Center!

The Wingspan Welcome Center at 430 E. 7th St. now will be open Monday through Friday from 11AM to 5PM. If you've had trouble getting in to see the new space, the extra hours will make it easier to visit. Also, the Fourth Avenue streetcar construction from 4th Street south to 7th Street has been completed and 4th Avenue and 6th Street are open, so there is no maze to negotiate!



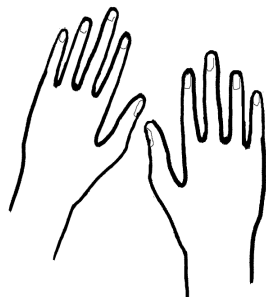
Any Ideas or Suggestions?



In case you missed the announcement in an earlier Forum, you can reach Senior Pride directly by emailing seniorpride@wingspan.org. Your message will be received by three people, so you should get a timely response. Of course you can also call Wingspan at 624-1779 Monday through Friday from 11AM to 5PM (new expanded hours) and speak to a live volunteer.

Living Healthy with Arthritis

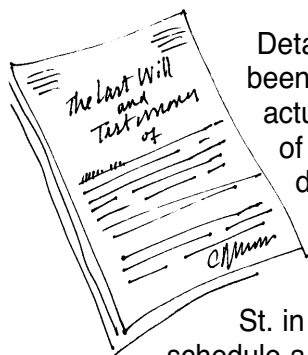
The University of Arizona Medical Center's monthly presentation in the Living Healthy with Arthritis series takes place on Wednesday, November 7th from 6 to 7:30PM in the Chase Bank Auditorium Room 8403 of the Medical Center, 1501 N. Campbell Ave. This free talk is open to the public and this month's subject will be "Nutrition and Exercise for Bone Health" presented by Linda Houtkooper, professor in the Department of Nutritional Sciences. Learn how dietary intake, body composition and physical activity relate to maximizing bone health. Paid parking is available in the visitor's parking garage, or park for free in the School of Nursing lot south of the visitor's garage after 5PM.



COSCO Presentation

The Council of Senior Citizen Organizations (COSCO) presents its monthly program on Thursday, November 8th from 1 to 3PM at Tucson Medical Center Senior Services, 1400 N. Wilmot Rd. No pre-registration is required for this free presentation which will cover all of the changes to Medicare that will occur in 2013, so come and get informed about your benefits.

Wills for Wingspan



Details for the Legal Clinic have been finalized! This clinic (you will actually leave with a will, power of attorney and /or advance directive or living will) will take place on Saturday,

November 10th from 9AM to 1PM at Wingspan, 430 E. 7th

St. in the welcome center. To schedule a one-hour time slot, you will

need to do one of the following:

- 1) Call Wingspan at 624-1779 during welcome center hours Monday through Friday 11AM to 5PM and speak to a desk volunteer or
- 2 Call 624-1779 and leave a message at extension 118 for Moureen with your preferred time or
- 3) Email seniorpride@wingspan.org with your

name, phone number and preferred time and a confirmation will be sent to you. Appointments are on the hour at 9AM, 10AM, 11AM or Noon. Parking is in the Wingspan lot.

Before coming to your scheduled appointment, you will need to fill out forms with the necessary information (names, addresses, assets, beneficiaries, etc.) in order to assist the attorneys in creating your documents. These forms can be mailed to you by

- 1) Calling Wingspan at 624-1779 and giving a volunteer your name and address or
 - 2) Calling 624-1779 and leaving a message at extension 118 for Moureen with your name and address or
 - 3) You can download them from the Wingspan website by going to <http://www.wingspan.org/>, clicking on Programs on the right side, scrolling down to Senior Pride, then on the left side click on "Wills for Wingspan" and download the forms.
- There will only be 12 slots for this clinic, so call as soon as possible to schedule your appointment.

Music in the Air - Holiday Concerts by Desert Voices and Reveille Men's Chorus

In what appears at first glance to be either a terrible mistake or a matter of 'dueling choruses' our two fine LGBT vocal groups are presenting their opening concerts of the 2012-2013 season on the same evening. The distinction to be noted is that Desert Voices is presenting their annual fundraising 'Cabaret' concert only once on Saturday evening, December 1st. If you've been to these concerts before, you know what a snazzy event they can be.

Reveille, on the other hand, gives you two performances of their concert - that same Saturday evening or the following Sunday afternoon. Isn't it grand that you can therefore attend both concerts if you wish?



Desert Voices - Annual Cabaret Fundraiser - Atomic Holiday!

It will be a Nuclear Winter Wonderland for our annual silent auction fundraiser event with our special guest David Fitzsimmons, cartoonist for the Arizona Daily Star, in the downstairs ballroom at the Scottish Rite Cathedral.

Desert Voices - Annual Cabaret from pg 2

Join us as we celebrate the best of the season Cold War style with the holiday music and fashions of the fifties and sixties. Fine food and drink, a rollicking bead game, and the chance to bid on some wonderful trips and other goodies will round out this festive evening.

ATOMIC HOLIDAY!

Scottish Rite Cathedral - downstairs ballroom
160 South Scott Avenue, Tucson, AZ
December 1 - doors open at 6PM with concert to follow the silent auction

**Reveille - Holiday Concert:
Our Favorite Things!**

Reveille kicks off the holiday season with their list of favorite things to make your season bright! "Our Favorite Things!" promises traditional to hilarious, and will stay true to form with filling your hearts with humor, just in time for family, presents, and lasting memories!



We are also excited to announce that 10% of ticket proceeds from our holiday concert will be donated to WINGSPAN Eon LBT Youth Center of Tucson. We are proud to support WINGSPAN's hard work and contributions to the Tucson Community!

OUR FAVORITE THINGS!

Grace St. Paul's Episcopal Church
2331 E. Adams St. Tucson, AZ
December 1 at 8:00 p.m.
December 2 at 3:00 p.m.

**TMC Senior Services
November Presentations**

The following informational presentations will be offered by Tucson Medical Center's Senior Services. These are all free and open to the public at their campus at 1400 N. Wilmot Rd. Please call 324-4345 to **register**.

Wednesday, November 7th from 10 to 11:30AM
Stroke Rehabilitation - Learn about rehab technology and devices used to assist stroke survivors

Thursday, November 8th from 5:30 to 6:30PM -
Shoulder Pain - Relieving shoulder pain in active adults

Wednesday, November 14th from 10 to 11:30AM -

Palliative Care - Learn about palliative care (chronic pain management) and how to access this service

Wednesday, November 14th from 2 to 3:30PM -
Alzheimer's Disease and Related **Dementias**

Transgender Awareness Week

This year there are many events planned to celebrate Transgender Awareness in Tucson. If you are online, you can go to <http://www.sagatucson.org/> to view the entire calendar. Here are some of them. Wingspan also has copies available at the Welcome Center.

Tuesday, November 13th in the U of A Ventana Room of the Student Union from 6 to 7:15PM - Supporting Gender Creative Kids and from 7:30 to 8:45PM - Ask a Transperson Anything

Wednesday, November 14th in the Modern Languages Building Room 350 from 7 to 9PM - The film "Genderf*kation"

Thursday, November 15th in the Eon/Wingspan Parking Lot at 5:30PM - Spoken Word and Open Mic for Youth and Allies

Saturday, November 17th at the New Moon at 8:30PM - The band Too Much Information will play (\$5 cover)

Sunday, November 18th in the UA Student Union Tucson Room from 1 to 2:15PM - Ask a Transperson Anything; from 2:30 to 3:45PM Health/Mental Health Professionals and Trans Issues; from 4 to 5:15PM - Transgender Issues and the Law; from 5:30 to 6:45PM - Spiritual Experiences

Monday, November 19th at Wingspan starting at 6PM SAGA Open House and Trans Art Walk to Casa Libre, Studio One and Fluxx Studio and Gallery

Tuesday, November 20th at U of A Women's Plaza of Honor west of Centennial Hall at 5PM - Transgender Day of Remembrance Gathering, Vigil and Procession to Wingspan.

November 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Transgender Awareness Week - November 13 - 20						
				1	2	3
4	5	6 Iron Horse Park Cleanup 8:00 AM ELECTION DAY	7 Arthritis Lecture 6:00 - 7:30 PM TMC Presentation: 10:00 - 11:30 AM TMC Senior Center	8 Project Visibility FREE Presentation 10 - 11:30 AM - JCC COSCO Presentation TMC Senior Center 1 - 3 PM	9	10 Wingspan Legal Clinic - in the Welcome Center 9 AM - Noon
11	12	13 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	14 TMC Presentation: 10:00 - 11:30 AM TMC Presentation: 2:00 - 3:30 PM TMC Senior Center	15	16	17 40s and Better Breakfast Group 9:30 - 11:00 am Senior Pride Potluck Noon - 2 PM - MCC
18	19	20 Iron Horse Park Cleanup 8:00 AM	21	22 Thanksgiving Day	23	24
25	26	27	28	29	30	

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

Upcoming Monthly Potlucks

Our monthly potluck schedule has been changed for the remainder of 2012. The November and December gatherings will both take place on the third Saturday of the month instead of the fourth. This month's potluck will happen on the 17th of November due to scheduling conflicts at MCC church. Come join others for some food and conversation from noon to 2PM. Beverages and utensils will be supplied, just bring something to share. MCC Water of Life is located at 3269 N. Mountain Ave., between Fort Lowell and Prince Rds.

The potlucks for November and December were changed because of the holidays. We couldn't have too much of a good thing bunched together at the end of those months, so November's gathering will be on the 17th and December's will be on the 15th.

If you have any questions, please call Lee or Merlin at 207-5336.

We Age, Our Pets Age

One of the supports that aging adults rely on is having a companion animal to keep them company and help motivate them



to stay engaged in daily routines and activities. The loss of a companion animal can be stressful and depressing. There is a support group, to help grieve the loss of a pet, which meets on the 2nd and 4th Thursdays of the month from 6

to 7:30PM in the Northminster Presbyterian Church Library, 2450 E. Fort Lowell (at Tucson Bl.). Call Rene at 603-8319 with questions regarding the group.

Humor Corner

Two good ole West Virginia boys, Bubba and Billy Joe are walking down the street and they see a sign on a store which reads, "Suits \$5.00 each, shirts \$2.00 each, trousers \$2.50 each.

Bubba says to his pal, "Billy Joe, Look here! We could buy a whole gob of these, take 'em back to Charles Town, sell 'em to our friends, and make a fortune. Just let me do the talkin' 'cause if they hear your accent, they might think we're ignorant, and not wanna sell that stuff to us.

Now, I'll talk in a slow Ohio drawl so's they don't know we is from West Virginia."

They go in and Bubba says with his best fake Ohio drawl, "I'll take 50 of them suits at \$5.00 each, 100 of them there shirts at \$2.00 each, 50 pairs of them there trousers at \$2.50 each. I'll back up my pickup and.....

"The owner of the shop interrupts, "Ya'll from West Virginia, ain't ya?"

"Well...yeah," says a surprised Bubba.... "How come you knowed that?"

Because this is a dry-cleaners."

November 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 6 & November 20

(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 13 (2nd Tuesday)

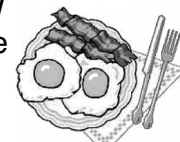
Senior Pride Planning Meeting
2 PM at Himmel Park Library, 1035 N. Treat Avenue (off Speedway) ph: 594.5305

Saturday, November 17

(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 AM Contact: Carol Ehrlich 520-584-0339



Saturday, November 17

Monthly potluck - The Potluck Will be on the 3rd Sat of the month thru December.

A Senior Pride lunch open to all Water of Life Metropolitan Community Church, 3269 N Mountain Ave. 12:00 Noon
Phone contact: Lee Roden/Merlin Spillers 520-207-5336



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**Let us not seek the Republican answer or the Democratic answer,
but the right answer. Let us not seek to fix the blame for the past.
Let us accept our own responsibility for the future.**

~ John F. Kennedy

*One of the penalties for refusing to participate in politics
is that you end up being governed by your inferiors.*

~ Plato

**The modern conservative is engaged in one of man's oldest exercises in moral
philosophy; that is, the search for a superior moral justification for selfishness.**

~ John Kenneth Galbraith

**The whole aim of practical politics is to keep the populace alarmed (and hence
clamorous to be led to safety) by menacing it with an endless series of hobgoblins,
all of them imaginary.**

~ H. L. Mencken

A fool and his money are soon elected.

~ Will Rogers