



# SENIOR FORUM

Wingspan's Elder Voice

Volume 8 Issue 3  
March 2012

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

## Michael and Rick's 4 bits



I opened the February issue of the Senior Forum with what is by now the well-known plan to close the Tucson postal center at Cherrybell Stravenue. If this does come to pass it will not sit well with individuals, businesses, organizations and non-profits like Wingspan. We have consistently made it our goal to get the Senior Forum out by the end of



the month so that it arrives in readers' mailboxes on or before the first of each month. If the local postal service center is closed all mail, including our newsletter, will have to go to Phoenix and then come back

to Tucson for delivery. There will be no such thing as a Tucson postmark anymore and delivery times will no longer be overnight within the city.

In light of this unfortunate decision our newsletter might have to be prepared some days earlier than usual and we may miss out on monthly news that comes to our attention too late. If any of you, our "snail mail" readers, wish to discontinue receiving a paper copy of Senior Forum and instead be notified of its publication online, please call Wingspan at 624-1779 and request that change. We have a growing number of readers who are doing just that.

## AGES 'n STAGES Active Adult Trade Show

Friday and Saturday, March 2 - 3, 2012 •  
Tucson Convention Center • 10 AM - 4 PM  
An event to benefit PCOA programs and services for the community.

Admission is free and open to the public.

Tucson's first annual AGES 'n STAGES Active Adult Trade Show, presented by Pima Council on Aging, will reach out to and engage several generations of local adult residents who represent more than 40 percent of Pima County's population.

- Supported by all community Chambers of Commerce groups in the Tucson Metropolitan area.
- Thousands of visitors are expected to attend at the Tucson Convention Center, to take advantage of the first trade show of its kind about learning, doing, sharing, experiencing and enjoying lifestyle options!

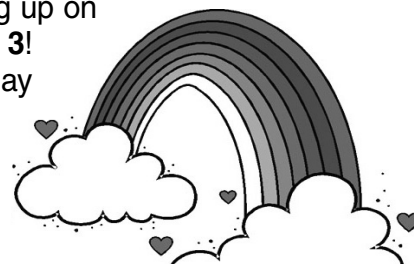
## Rainbow Build Update (from Tucson Habitat for Humanity)

**Resolve to Build!** Are you resolving to exercise more? Spend more time with family and friends? Learn a new skill? Meet new people? By volunteering with Habitat Tucson you can accomplish your New Year's Resolution! **Find out how at [www.habitattucson.org](http://www.habitattucson.org)!**

Have you seen the awesome wallraising video Annyce and Glenn from Beyond Video put together? They did an excellent job in capturing the fun and importance of the day! Check out the vid on the Rainbow Build page, [habitattucson.org/rainbow](http://habitattucson.org/rainbow).

I also want to share that we have a **Rainbow Build day** coming up on **Saturday, March 3!**

Every first Saturday of the month is the standing Rainbow Build Day; we will add



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## Rainbow Build Update from page 1

more days if more volunteers would like to come build! You can sign up on our website, [habitattucson.org/rainbow](http://habitattucson.org/rainbow). And, in partnership with PFLAG, you are still welcome to send donations to PFLAG Tucson, P.O. Box 36264, Tucson, AZ 85740, with Rainbow Build II in the notation line.

If you have a group of people who would like to set up a Group Build, let me know and we can arrange that. Group Build Days are available Tuesdays, Wednesdays, Thursdays, and some Saturdays. We would love for you to bring your co-workers, your social group, or just 10 of your best friends for a fun, bonding experience!

I hope to see you in a hardhat soon! Let's build some houses!

B. Joseph Howell  
Community Engagement Coordinator  
Habitat for Humanity Tucson

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## A Reminder from PFLAG

Wingspan Senior Pride is repeating this article from last month's Senior Forum in hopes that our readers might know of some deserving young person in their family and/or circle of friends who could benefit from PFLAG's generosity.

This year, PFLAG Tucson will award **three \$1,000 scholarships in the name of Gene Moore**, PFLAG Tucson's past president, and one **\$1,000 scholarship in the name of Mark and Art Woodland**, son and husband of long-time PFLAG member Elaine Woodland. Applicants can be graduating high school seniors, undergraduate students, or graduate students.

In addition, Tucson LGBTQ will award two \$250 School Book Scholarships to deserving, economically challenged Tucson LGBTQ graduating high school seniors to attend Pima College.

Full information and application materials are available at

<http://www.pflagtucson.org/scholarships>.

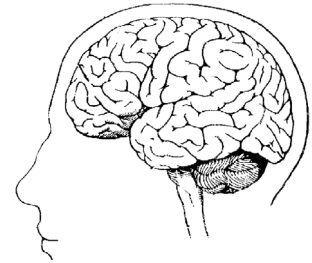
**Applications are due by March 31, 2012.** If you have any questions, you may call (520)

360-3795 or email [pflagtuc@pflagtucson.org](mailto:pflagtuc@pflagtucson.org). Please spread the word to any potential applicants.

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## COSCO Presentation - Tune-up for Your Mind

The Council of Senior Citizen Organizations (COSCO) monthly presentation for March will be Brain Aerobics. Presented by L'Don Sawyer of TMC Senior Services, this class will provide exercises and strategies for keeping your mind "in shape". The class takes place at the TMC Senior Services Campus, 1400 N. Wilmot Rd. from 1 to 3 PM on Thursday March 8th. No preregistration is necessary, but rumor has it that there is a full house for these classes, so arrive early and ready to recharge your synapses!



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## 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.

### Thursday,, March 8th

- Stress, Depression and Anxiety - from 10 to 11 AM
- Meditation for Health Enhancement - from 11 AM to 12 PM



### Wednesday,, March 14th

- Nutrition Roundtable Discussion - Discussion with a registered dietician about healthy eating for diabetes, hypertension and heart disease (limited to 10 people) - from 1 to 2 PM

### Thursday, March 15th

- Meditation Practice (limited to 10 people) - from 11 AM to Noon
- Chronic Obstructive Pulmonary Disease (COPD) - from 1 to 3 PM

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**Tucson Medical Center** from page 2  
**Tuesday, March 20th** from 9:00 to 11:00 AM  
• Diagnosing Brain Disorders - from 9 to 10:30 AM

**Wednesday, March 21st** from 4 to 5:30 PM  
• Dining with the Dietician - A licensed dietician will discuss essentials of healthy eating and demonstrate cooking techniques, with a group dinner to follow (limited to 20 people).

**Thursday, March 22nd**  
• Heart Health/ Blood Pressure Clinic For those who self-monitor blood pressure, bring your home equipment for check-up and proper use - from 1:30 to 3 PM  
• New to Diabetes Covers the basics of diabetes for those recently diagnosed or family, friends and caregivers. - from 5 to 6 PM

**Wednesday, March 28th**  
• Nutrition Roundtable Discussion - (see March 14th listing)

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## Living Healthy with Arthritis

"It only hurts when I move it". Does that sound familiar? And we all know the saying "Move it or lose it". So what is a person to do? Dr Eric Gall will discuss how different forms of arthritis impact the body, discuss current and developing treatments and answer questions specific to your experience with arthritis on Wednesday March 7th from 6 to 7:30 PM at the University of Arizona Medical Center, 1501 N. Campbell Ave., Chase Bank Auditorium Room 8403. The presentation is free of charge and parking is available in the Visitor's Parking Garage (\$3 charge) or for free after 5 PM in front of the College of Nursing south of the Visitor's Garage. Please register by calling 520 626-5040 or emailing LivingHealthy@arthritis.arizona.edu with your name and phone number.

PCOA and TMC Senior Services Honor Centenarians

This past February 14th, the state of Arizona honored Arizonans who had reached or passed the age of 100. Pima Council on Aging (PCOA) and Tucson Medical Center (TMC)

Senior Services are sponsoring the 25th annual Salute to Centenarians celebration on Friday, May 4th at TMC's Marshall Conference Center. Pima County residents age 99 and older are invited, along with family representative(s) or primary caregivers, to attend the celebration. Names of the honorees must be mailed or phoned to PCOA Administrative Assistant Jan Baker by April 6th to receive an invitation. She can be reached at 520 258-5076, 8467 E. Broadway Blvd. 85710 or jbak@pcoa.org.

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## Eschew Procrastination

We all do it - procrastinate. And yet we know we shouldn't. One of the common situations encountered by seniors and their families and friends is the lack of planning for emergencies and long-term care strategies in case of changes in health. When unanticipated events occur, there is a rush to find solutions and determine the wishes of the affected individual, which creates more difficulties and frustration. Time, which can be in short supply when crises arise, is often required to put into place the needed services. If you don't know what's available, the cost of the services and how to access them, this complicates the situation.



Did you know that Medicare and Social Security do not pay for supportive services (meals, bathing, caregivers, transportation or home modifications)? Only about 10% of those needing long-term care go to nursing facilities. The other 90% of individuals remain in a home setting and require support services. So the Pima Council on Aging (PCOA) has begun a new program "Partners in Planning" to help prepare for the unexpected. When you sign up for a session, a Planning Specialist will meet with you (and your partner if you are in a relationship) in your home to help you:

- Identify goals and preferences
- Find and consider all options and possibilities
- Explore the pros and cons of each option
- Orient yourself toward the future and possible future needs

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March 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Habitat for Humanity Rainbow Build Day  Ages 'n Stages TCC 10 AM - 4 PM
4 Ages 'n Stages TCC 10 AM - 4 PM (see newsletter for details)	5	6 Iron Horse Park Cleanup 8:00 AM	7 Arthritis Lecture 6:00 -7:30 PM (see newsletter for details)	8 Tune Up Your Mind 1:00 - 3:00 PM (see newsletter for details)	9	10
11	12	13 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	14	15	16	17 40s and Better Breakfast Group 9:30 – 11:00 am  St. Patrick's Day
18	19 Write A Will Workshop 9:00 - 11:30 AM at PCOA	20 Iron Horse Park Cleanup 8:00 AM	21	22	23	24
25	26	27	28	29	30	31 Deadline for PFLAG scholarship applications

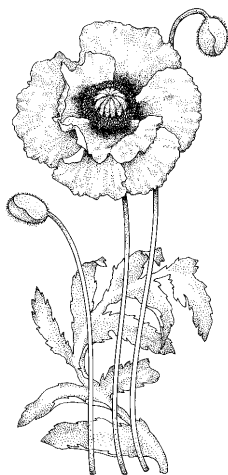
Due to space limitations in the calendar, see the newsletter itself for complete information for some activities (e.g., TMC presentations).

**Eschew Procrastination** from page 3  
 In addition to the in-person consultation, a resource packet is included, providing information on all of the options available. A personalized plan will be created with your input and a follow-up consultation by phone is available to answer any further questions.

If you've been reading the Forum, you are already aware that PCOA is LGBT-educated and knowledgeable, meaning that individuals and couples can feel secure that they will be respected and understood. Charge for the services is \$75 per person or \$125 per couple. Considering the cost of procrastinating, why wait? To sign up for a session or for more information, call the PCOA Help Line at 520 790-7262.

### March Outing at Tucson Botanical Gardens

Senior Pride is planning a visit to the Tucson Botanical Gardens on Saturday, March 17 at 1:00 PM. The Botanical Gardens are located at 2150 North Alvernon Way just south of Grant Road (Alvernon between Grant Rd. and Pima St.). Join us for a relaxing stroll through this well-respected Tucson attraction - it's good exercise in the fresh air and interesting whether or not you are a gardener or have a "green thumb". Call Lee or Merlin at 207-5336 for more information or to let us know you're coming. Bring your family or friends along!



### March is Write a Will Month

Leave A Legacy® in conjunction with Pima Council on Aging is presenting a Write A Will workshop on Monday, March 19 at the PCOA offices at 8467 E. Broadway from 9:00 to 11:30 AM. This is a free workshop, but you are asked to call PCOA at 790-0504 to reserve a seat. If you have never prepared a

will or need to update an existing one this workshop will provide you with answers to many questions and issues that arise when planning what you will need to have your estate in order.

Presenters include attorney Kay Richter, (a familiar name to anyone who listens to KUAT-FM regularly) who specializes in estate planning and elder law, and Patricia Raskob of Raskob Kambourian Financial Advisors Ltd. This is an important topic for careful consideration by seniors regardless of health or financial status. Come to this workshop for education and guidance.

## March 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, March 6 and March 20

(1st and 3rd Tuesdays) **8:00 AM (NOTE TIME CHANGE!)**

Adopt a Park Iron Horse Cleanup

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



### Tuesday, March 13 (2nd Tuesday)

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

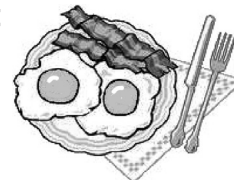
### Saturday, March 17

(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 - 11:00 AM

Phone contact: Carol Ehrlich 520-584-0339





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Tucson, AZ 85705

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Don't ever become a pessimist... a pessimist is correct oftener than an optimist, but an optimist has more fun, and neither can stop the march of events.

~ Robert A. Heinlein

*Every life is a march from innocence, through temptation, to virtue or vice.*

~ Lyman Abbott

Historically, musicians know what it is like to be outside the norm - walking the high wire without a safety net. Our experience is not so different from those who march to the beat of different drummers.

~ Billy Joel

**I would love to see a march on Washington that says  
'Save our Social Security'.**

~ Barbara Boxer

For better or worse, I've always tried to march to my own drum and tell it like it is, while preserving some integrity and style. God, I'm fabulous!

~ Michael Musto