



SENIOR Wingspan's Elder Voice FORUM

Volume 8 Issue 6
June 2012

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

Michael and Rick's 4 bits



Once again we are entering the hottest month of the year in the Old Pueblo. While the rest of the country is celebrating their normal Pride Month we desert dwellers must take precautions to observe June a little more sedately. But our weather can't completely immobilize us and there are other ways of joining in the national festivities.

For instance, note the following film screenings taking place early in the month. Of interest to the entire LGBT community these films are a good way to observe Pride Month and stay safe and relatively cool. We mentioned them in last month's Senior Forum, but here they are again. Mark your calendars and make a point of seeing them - one at the Ward 6 office and one in the comfort of your own living room.

PFLAG to Show "Bullied" : One Youth's Battle Against Bullying

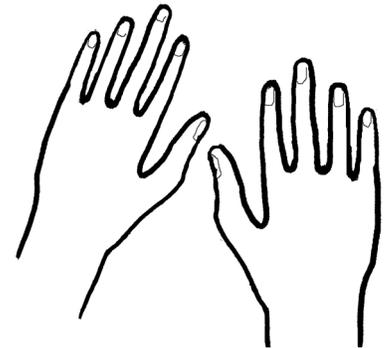
PFLAG's (Parents and Friends of Lesbians and Gays) June meeting on the 6th at the Ward 6 City Council office, 3202 E. First St. (one block south of Speedway and one block east of Country Club) will feature a showing of the documentary "Bullied", about a young gay man's experience of being bullied in school, his struggles and eventual legal triumph. The film was made in 2010 and is narrated by Jane Lynch (Sue Sylvester on Fox TV's "Glee"). The meeting starts at 7PM and is free and open to the public. If you can, please bring a non-perishable food item for the Community Food Bank.

Don't Forget "We Were Here"

A reminder that the documentary "We Were Here", chronicling the beginning of the AIDS epidemic in San Francisco in the early 80's, will air on the PBS series Independent Lens on local channels 6 and 27 (KUAT) Thursday, June 7th at 10PM. Through photos, film and personal accounts by survivors, the history of AIDS in the gay mecca is poignantly documented in all of its devastation. For a preview, go to www.wewereherefilm.com to view a 2-minute trailer.

"The Future of Joint Resurfacing" (for arthritis)

The University of Arizona's Living Healthy with Arthritis series presents "The Future of Joint Resurfacing" Wednesday, June 6th from 6 to 7:30PM in University Medical Center's Chase Bank Auditorium, Room 8403. John Szivek, PhD, will share the latest cutting-edge developments in cartilage regeneration and total surface replacement for the treatment of osteoarthritis. As always, the program is free and open to the public. Parking in the Visitor's Garage costs \$3, or after 5PM you can park for free in the College of Nursing lot just south of the Visitor's Garage. Please call 520 626-5040 or email your name and phone number to livinghealthy@arthritis.arizona.edu to pre-register.



“Will You Still Need Me When I’m Ninety-Four?”

Last month, Senior Forum carried an advance notice of the upcoming 2012



Behavioral Health and Older Adults Conference on June 15. This all-day event is presented by the Behavioral Health and Aging Council (BHAC) of Southern Arizona and will be

held from 8:00 AM - 5:00 PM, at the Casino del Sol Convention Center, 5655 W Valencia Rd. The registration deadline has been extended to June 8. Visit www.pcoa.org for further information or call 520-790-0504.

The conference will open with a continental breakfast followed by an address by keynote speaker Stella Pope Duarte, Ma.ED, educational consultant and author. Three important and interesting workshops led by other professionals will occupy



the remainder of the day. These are:

***Lesbian, Gay, Bisexual, and Transgender Older Adults:
What Behavioral Health Care Providers Need to Know***

Hoarding in Older Adults

Substance Use Issues in Geriatrics

TIHAN Open House/Office Warming

One of our wonderful resources here in town is the Tucson Interfaith HIV/Aids Network (TIHAN) which has recently moved to new office space at 2660 North 1st Avenue, Tucson, Arizona 85719-2911. The phone number remains the same - 520-299-6647. TIHAN invites the community to come in and visit the new offices on June 15 from 4 - 6 PM. If you plan to attend please RSVP to scott@tihan.org so they can know how many people to expect!

June Picnic/Potluck

On Saturday, June 16, Senior Pride will have its first monthly potluck lunch at Water of Life Metropolitan Community Church beginning at 12 noon. We plan on having monthly potlucks there, always on the third Saturday of the month, at that time. MCC, located at 3269 N. Mountain Avenue, has graciously agreed to let us use their facility for this purpose although we may have to change the date once in awhile to



accommodate their schedule later in the year. Please call Lee and Merlin at 207-5336 if you can attend. We have had a couple of potlucks here in the past and it works well as an indoor venue, especially during the hot summer months. If you have any questions, give us a call.

Polypharmacy - The Benefits and the Risks

Polypharmacy is defined as the administration of many medications together, usually 4 or more prescribed medications, over-the-counter (OTC) medications, vitamin

supplements and herbal products. While taking more than one medication can be an effective strategy for treating many conditions, there can be adverse consequences in

some cases. Some of the undesirable consequences of polypharmacy include:

1. An increase in errors (more pills can cause more confusion - Did I take that one? What's this one for?)
2. Decreased adherence (so many pills - Maybe I'll skip this one today? or forgetting to take one)



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Polypharmacy - from pg 2

3. Drug interactions (the more medications, the greater the chance of harmful interactions)
4. Adverse drug reaction (some people will experience an adverse reaction to a particular drug or dosage)
5. Increased cost (more meds cost more)
6. Poor outcomes (hospitalizations, injuries or death due to combined use or overuse)

If you are taking multiple medications, supplements and OTC medications, one suggestion is to take all of them in a plastic bag to your health care provider and get a "medication checkup". Are there potentially harmful drug interactions? Are you taking drugs that are no longer needed or are redundant (two drugs to treat the same condition or a brand-name drug and its generic equivalent)? Is the specific drug inappropriate for older adults or is the dosage incorrect (sometimes the elderly need higher or lower dosages than younger adults)?

Also, when a health care provider prescribes a medication, make sure you understand what the med is for, how it should be used, what to expect from taking it and

how long it should be taken. When you get a prescription filled, ask the pharmacist what possible side effects to look for, when to take it (time of day, before or after meals), possible drug interactions and how many refills are available or needed.

If you have access to the internet, you can go online to research possible drug interactions at the following sites:

HealthLine

www.healthline.com/druginteractions

Drugs.com

www.drugs.com/drug_interactions.php

AARP

healthtools.aarp.org/drug-interactions

Mental Health Month

May was actually the designated "Mental Health Month" but the following are good tips for both men and women. We've heard them before, but they bear repeating:

1. Find a Hobby

Learning a new skill, or doing something active or creative, will boost your self-confidence and could take your mind off your worries. Hobbies can also be a great way of meeting new people.

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Act FAST for Stroke Survival

Here is an easy list of ways to recognize the possible signs of a stroke using the acronym FAST.

F - Face - Ask the person to smile. Does one side of the face droop?

A - Arms - Ask the person to raise both arms. Does one arm drift downward?

S - Speech - Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T - Time - If you observe any of these signs, it's Time to call 911. After a stroke, every minute counts. The sooner you get medical treatment, the greater your chance of recovery!

June 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Iron Horse Park Cleanup 7:00 AM	6 PFLAG meeting featuring film "Bullied" 7PM - Ward 6 office Arthritis lecture (see newsletter)	7 PBS film "We Were Here" - Ch. 6 or 27 Independent Lens series	8	9
10	11	12 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	13	14	15 BHAC conference 8 AM - 5 PM (see newsletter) TIHAN Open House 4 - 6 PM (see newsletter)	16 40s and Better Breakfast Group 9:30 - 11:00 am Senior Pride potluck MCC - 12 Noon
17	18	19 Iron Horse Park Cleanup 7:00 AM	20	21	22	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.

Mental Health Month from pg 3

2. Get Plenty of Sleep

Not getting enough sleep can make you feel tired, overwrought and run down. It can also make you more prone to mental health problems. Set a goal to get at least eight hours of sleep a night. You will notice the benefits in as little as a few days.

3. Drink Sensibly

Even though it might seem effective in the short term, alcohol is a depressant drug. Avoiding too much alcohol is crucial for both our mental and physical health, but when we're feeling low or anxious, avoiding alcohol is crucial to maintaining good mental health.

4. Get Active

Physical activity is a proven method to achieving good mental health. Exercise makes us feel better immediately through the release of uplifting chemicals into our bodies. Even just a half an hour's brisk walk every other day can make all the difference.

Humor Corner

1. Is it good if a vacuum really sucks?
2. Why is the third hand on the watch called the second hand?
3. If a word is misspelled in the dictionary, how would we ever know?
4. If Webster wrote the first dictionary, where did he find the words?
5. Why do we say something is out of whack? What is a whack?
6. Why does "slow down" and "slow up" mean the same thing?
7. Why does "fat chance" and "slim chance" mean the same thing?
8. Why do "tug" boats push their barges?
9. Why do we sing "Take me out to the ball game" when we are already there?
10. Why are they called "stands" when they are made for sitting?
11. Why is it called "after dark" when it really is "after light"?
12. Doesn't "expecting the unexpected" make the unexpected expected?
13. Why are a "wise man" and a "wise guy" opposites?



14. Why do "overlook" and "oversee" mean opposite things?

15. Why is "phonics" not spelled the way it sounds?

16. If work is so terrific, why do they have to pay you to do it?

17. If all the world is a stage, where is the audience sitting?

18. If love is blind, why is lingerie so popular?

19. If you are cross-eyed and have dyslexia, can you read all right?

20. Why is bra singular and panties plural?

Makes one wonder how foreigners ever learn English successfully...

June 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, June 5 June 19

(1st and 3rd Tuesdays) 7:00 AM

(NOTE: Time change for summer)

Adopt a Park Iron Horse Cleanup

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



Tuesday, June 12 (2nd Tuesday)

Senior Pride Planning Meeting

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

Saturday, June 16

(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

Contact: Carol Ehrlich 520-584-0339



Monthly Potluck, June 16 12:00 Noon

(3rd Saturday of the month)

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



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Nothing has been purchased more dearly than the little bit of reason and sense of freedom which now constitutes our pride.

~ Friedrich Nietzsche

*There was one who thought himself above me,
and he was above me until he had that thought.*

~ Elbert Hubbard

**IT'S A FINE THING TO RISE ABOVE PRIDE, BUT
YOU MUST HAVE PRIDE IN ORDER TO DO SO.**

~ Georges Bernanos

**If one takes pride in one's craft, you won't let a good thing die.
Risking it through not pushing hard enough is not a humility.**

~ Paul Keating

Pride makes us esteem ourselves; vanity desires the esteem of others.

~ Source Unknown