



# SENIOR Wingspan's Elder Voice FORUM

Volume 9 Issue 10  
October 2013

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

## Michael and Rick's 4 bits



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October is looking like the month that we concentrate almost exclusively on health concerns. As I write this, I see that this month's issue consists of almost nothing but health and welfare-related events and activities. Not that that's a bad thing, but this is also our Pride in the Desert month and I trust everyone will know about that without going into great detail here. Call or drop in at Wingspan or visit [www.tucsonpride.org](http://www.tucsonpride.org) for all the information you'll need for the second weekend in October.

Please pay special attention to our upcoming Successful Aging Forum to be held at the Tucson Jewish Community Center on October 20th. After our great success at this same time last year with the screening of the film "Gen Silent", also at the JCC, Senior Pride was eager to offer another event of timely importance to the senior LGBT community and our allies. This is it. So mark your calendars for that Sunday afternoon and we'll see you there.

5 PM in the U of A Zone 1 lot 2030, south of the parking garage at E. Mabel St. and N. Martin Ave.

Please register for this free presentation by calling 520 626-5040 and leaving your name and phone number, or email the same information to [livinghealthy@arthritis.arizona.edu](mailto:livinghealthy@arthritis.arizona.edu).

### Stay Healthy - Get a Flu Shot

Vaccination is the best defense against influenza. People 65 and older are at greatest risk for serious flu-related illness

Meet Mayor Jonathan Rothschild at the Free FLU + YOU community education event - **9:30 AM on Tuesday, October 8, 2013** at the Ellie Town/Flowing Wells Community Center, 1660 W. Ruthrauff Rd. in Tucson. Learn about vaccinations from Pima County Public Health Nurse Kathleen Malkin, R.N. Details are as follows:

**9:30 a.m.–10:00 a.m.** Community Education Event  
**10:00 a.m. to 1:00 p.m.:** Flu Shot Clinic (Bring Medicare ID or insurance card) Flu vaccines are a Medicare Part B benefit, no copay

Presented by PCOA in partnership with NCOA, Pima County Health Department and County Natural Resources.

### Living Healthy With Arthritis

The October presentation in the series is titled "The Healthy Weight Philosophy" by Michael Hewitt PhD, the research director of Exercise Science at Canyon Ranch. Learn about healthy weight ranges and tools to achieve and maintain optimal weight and the benefits of a healthy weight that ensue regarding joint disease, cardiorespiratory disease, diabetes and sleep apnea.

The presentation takes place on Wednesday, October 2nd from 6 to 7:30 PM in the Chase Bank Auditorium, Room 8403, at the University of Arizona Medical Center, 1501 N. Campbell Ave. Parking is available in the visitor/patient lot for \$1.50 an hour. Free parking is available after

### Senior Action Day!

Feel like sharing your ideas and suggestions with members of the Governor's Advisory Council on Aging? How about some invited legislators or local officials? Senior Action Day in Tucson will be Wednesday, October 9th from 9:30 to 11:30 AM at Tucson Medical Center Senior Services, 1400 N. Wilmot Rd. Come dialogue with some of the people who will be making decisions about matters relevant to seniors in Arizona. If you can't make it to the meeting, you can call the office in Phoenix at 602.542.4710 or email [gaca@az.gov](mailto:gaca@az.gov) with your name and any thoughts or concerns regarding seniors in Arizona or call the above number with questions regarding the event.

## TMC Senior Services Presentations

The following free presentations related to seniors will take place at Tucson Medical Center's Senior Services facility, 1400 N. Wilmot Rd. Please call 324-4345 to pre-register or for more information, call 324-1960.

Thursday, October 3rd from 1:30 to 3 PM  
**Alzheimer's Education Series:**  
Communication at Every Stage

Monday, October 7th from 11 AM to Noon  
Meditation Monday - **Movement Meditation/Yoga** (class limited to 20 people, so register early)

Tuesday, October 8th from 1:30 to 3:30 PM  
**Alzheimer's film** - Into the Other Lane - Driving and Dementia

Wednesday, October 9th from 2 to 3:30 PM  
**Peripheral Neuropathy**

Thursday, October 10th from 5:30 to 6:30 PM  
**Physical Medicine for Neck and Back Pain Management**

Monday, October 14th from 11 AM to Noon  
Meditation Monday - **Meditation for Awareness** (class limited to 20 People)

Tuesday, October 15th from 10 to 11 AM  
**Poison Prevention and Medication Safety** - Learn about the services of the Arizona Poison and Drug Information Center and information about poison prevention in the home, venomous creatures and medications.

Thursday, October 17th from 2 to 3:30 PM  
**Healthy Cooking with the Chef** - Learn to cook with healthy ingredients to promote health.

Monday, October 21st from 10 to 11 AM  
**Stroke Education** - Advances in Stroke Rehabilitation

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### Come to the Fair !

The annual Armory Park Health Fair takes place this year on Thursday, October 17th from 9 AM to Noon at Armory Park Senior Center, 220 S. 5th Avenue. This free event

features free blood pressure checks, nutrition counseling and free giveaways. An Advance Directives clinic takes place from 10 AM till Noon, with assistance in filling out forms (Living Will, Medical Power of Attorney). Shots for flu, shingles and pneumonia will be administered by Walgreens. Call your local Walgreens to check which insurance plans they honor for these vaccinations and the cost.

Also, a free class, Managing Ongoing Health Conditions, will be given starting in late October, by the Pima County Health Department at the Armory Park Senior Center. These classes will cover hypertension, arthritis, cancer, diabetes, heart and lung disease and other conditions. The programs are evidence-based, meaning that the advice and information have been proven to improve the health of those who participate in the suggested lifestyle changes. These classes are free, but you'll need to register by calling Hector Juarez at 243-7939. By the time you receive this newsletter, the dates and times should be available.

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### Annual Medicare Update Conference

Pima Council on Aging, along with other entities, presents the annual update on Medicare. Every year there are changes made to the Medicare system, so it's best to know what the changes are and whether they will affect your enrollment in Original/Traditional Medicare, Medicare Advantage Health Plans and Medicare Prescription Drug Plans. Cost for the presentation is \$5 and there will be 5 in the southern Arizona area.

Tuesday, October 22nd, 9 AM to Noon at the Ellie Towne/Flowing Wells Community Center from

Saturday, October 26th at the Tucson Medical Center Marshall Conference Center from 9 AM to Noon

Saturday, October 26th at the Tucson Medical Center Marshall Conference Center from 1 to 4 PM

Tuesday, October 29th at Sun City Vistoso Social Hall from 9 AM to Noon

Tuesday, November 12th at Green Valley



# WINGSPAN SENIOR PRIDE A Forum on Successful Aging: An LGBT Perspective

Sunday, October 20  
2:00-4:00 pm

Jewish Community Center  
3800 E. River Rd.

This **FREE** Forum will also include audience discussion, community resource information tables, and refreshments.

Presented by Wingspan Senior Pride  
Co-sponsors: UofA Center on Aging, UA  
Institute of LGBT Studies, Pima Council on Aging.



For additional information, contact  
Wingspan at **(520) 624-1779**  
**ext 118.**

## Speakers will present on these topics:

### The Supreme Court Overturned DOMA – What are the Consequences for Us?

Review of impacts on issues such as social security, taxes, inheritance laws and other benefits. Information will be provided on necessary documents to help us get our affairs in order.

### Exercise Training for Our Brains – How to help Our Brains Stay Healthy

Recent findings on methods to help us stay sharp mentally as we live longer.

### Planning for Our Care as We Age – Issues in Long Term Care

What we need to know to prepare for our care needs. How Project Visibility trainings help long term care providers be responsive to us.

### Community Resources – Getting the Help We Need

What assistance is available in our community and how can we access it?

October 2013						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b> Arthritis Lecture 6 - 7:30 PM Chase Bank Auditorium Room 8403	<b>3</b> TMC Presentation: 1:30 - 3:00 PM TMC Senior Center	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> TMC Presentation: 11:00 AM - Noon TMC Senior Center	<b>8</b> TMC Presentation: 1:30 - 3:30 PM TMC Senior Center Wingspan Senior Pride Meeting Himmel Library 2:00 PM	<b>9</b> Senior Action Day (see newsletter for details) TMC Presentation: 2:00 - 3:30 PM TMC Senior Center	<b>10</b> TMC Presentation: 5:30 - 6:30 PM TMC Senior Center	<b>11</b>	<b>12</b> <b>36th Annual Tucson Pride Kino Sports Park</b>
<b>13</b>	<b>14</b> TMC Presentation: 11:00 AM - Noon TMC Senior Center	<b>15</b> Iron Horse Park Cleanup 9:00 AM  TMC Presentation: 10:00 - 11:00 AM TMC Senior Center	<b>16</b>	<b>17</b> TMC Presentation: 2:00 - 3:30 PM TMC Senior Center	<b>18</b>	<b>19</b> 40s and Better Breakfast Group 9:30 – 11:00 am
<b>20</b> Successful Aging Forum 2:00 - 4:00 PM Tucson JCC	<b>21</b> TMC Presentation: 10:00 - 11:00 AM TMC Senior Center	<b>22</b> Medicare Update Conference (see newsletter for details)	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> Senior Pride potluck Metropolitan Community Church 12 Noon
<b>27</b>	<b>28</b>	<b>29</b> Medicare Update Conference (see newsletter for details)	<b>30</b>	<b>31</b>		

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

Recreation from 9 AM to Noon

You can register online at <http://www.pcoa.org>, or call 324-3745 for more information or to get a registration form.

### **Top 5 Things that Seniors Need to Know about the Affordable Care Act (Obamacare)**

Starting in January of 2014, provisions of the Affordable Care Act will begin. The good news for seniors on Medicare is that there will be added benefits with no reduction in benefits. These additions include:

1) Cheaper prescription drugs if you happen to enter the doughnut hole - you will receive a 50% discount on name-brand drugs covered by Medicare Part D, and the doughnut hole will close by 2020.

2) Preventive services will be available at no charge, including mammograms and colonoscopies

3) Better coordination by health care providers to improve your health care

4) Combatting fraud and abuse in the Medicare system

5) Protection of Medicare-covered benefits with no reduction or withholding of benefits

But if you are a junior senior (under age 65), you will have to have some form of health insurance under the law. If you are currently employed and have health insurance through your employer, you won't have to do anything. If you purchase health insurance privately, nothing changes as well. If you are on AHCCS (Arizona's Medicaid program) nothing will change.

But if you are currently uninsured, you will be required to enter the "Marketplace" and purchase insurance. Open enrollment in one of these marketplace exchanges will be from October 1st to December 15th if you want to get services starting on January 1st 2014. Questions about enrolling and the provisions of the Act can be answered by calling 1-800-318-2596, by going online to <http://www.healthcare.gov> or in person with a

trained navigator to assist you in moving through the process (call the 1-800 number to find local navigators in your area). Anyone who doesn't have health insurance will have to pay a \$95 penalty the first year and a \$695 penalty the second year. The marketplaces are set up to provide a range of options and there is assistance for low income people available to help cover the cost of purchasing a marketplace policy. Call the 1-800 number to get any questions answered.

## **October 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, October 1 & October 15 (1st and 3rd Tuesday) 8:00 AM (Note time change again! Hot weather is over.)

### **Adopt a Park Iron Horse Cleanup**

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

Tuesday, October 8 (2nd Tuesday)

### **Senior Pride Planning Meeting**

2 PM at Himmel Park Library  
1035 N. Treat Avenue (off Speedway) ph. 594-5305

Saturday, October 19 (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

Saturday, October 26

**Monthly potluck** A Senior Pride lunch open to all - Water of Life Metropolitan Community Church - 3269 N Mountain Ave  
12:00 Noon, contact: Lee Roden/Merlin Spillers 520-398-6826





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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

*The infinitely little have a pride infinitely great.*

~ Voltaire

**Vanity and pride are different things, though the words are often used synonymously. A person may be proud without being vain. Pride relates more to our opinion of ourselves; vanity, to what we would have others think of us.**

~ Jane Austen

*The passions grafted on wounded pride are the most inveterate; they are green and vigorous in old age.*

~ George Santayana

**Show class, have pride, and display character.  
If you do, winning takes care of itself.**

~ Paul Bryant