



# SENIOR FORUM

Wingspan's Elder Voice

Volume 9 Issue 11  
November 2013

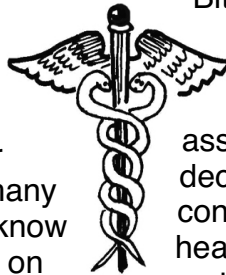
430 East 7th Street, Tucson, AZ 85705 — 520-624-1779 — www.wingspan.org

## Michael and Rick's 4 bits



And November is looking like yet another month devoted almost exclusively to health concerns. The Affordable Care Act (aka Obamacare) has been trying to launch, but as you already know, there have been, shall we say? - PROBLEMS! And, of course, with our fall and winter seasons upon us we need to be aware of the usual concerns such as influenza and holiday over-indulgence (food & spirits).

But there is more to November. After all, Thanksgiving is just around the corner with Black Friday hot on its heels followed by the onset of the holiday rush. There is also Wingspan's annual golf tournament in mid-month and an opportunity to learn about fostering or adopting a child (not something too many seniors are considering, but we may know of others who are). Come and join in on whatever floats your boat and give us your feedback and your own ideas for other things to do.



## Healthy Living with Arthritis

This month's presentation dealing with arthritis is titled "Preventative Measures for Osteoarthritis" by C. Kent Kwoh MD, director of the U of A Arthritis Center. The talk will focus on risk factors for osteoarthritis of the knee and strategies to prevent arthritis, including weight management and avoidance of injury.

This talk is free and open to the public and takes place on Wednesday, November 6th from 6 to 7:30 PM in the University of Arizona

Medical Center, 1501 N. Campbell Ave. Room 2600 (Duval Auditorium). Please register by calling 626-5040 or emailing livinghealthy@arthritis.arizona.edu with your name and phone number. Paid parking is available for \$1.50 per hour in the parking garage or for free after 5 PM in U of A Zone 1 lot 2030 at E. Mabel St. and N. Martin Ave, just south of the parking deck.

## The Most Frequently Asked Caregiver Question?

Jane Gross, former New York Times journalist, and her brother, spent close to four years coordinating and participating in the care of their elderly mother. In the book "A Bittersweet Season", she recounts in detail her experiences. Her mother had been an active senior who never complained or asked for much assistance until her health began to decline. Ms. Gross started a blog in conjunction with the Times website and she heard the same story from many participants in the conversation, who stated that they never thought that they would have to deal with the issues, as their parent(s) were very independent and in good health. The following are some quotes from the book which should make us all think about possible planning to better manage future situations.

"What do you mean Medicare doesn't cover it?" may be the most frequently asked question among elder care novices. Just assume that whatever it is you need, Medicare won't pay for it. Let any other outcome be a pleasant surprise.

I am old enough to have been taught in early adulthood to always leave a party while you are still a welcome guest. Nowhere is

## **The Most Frequently Asked** from pg 1

this more important than in life. (An entry on the blog from one of the participants)

For the elderly and their caregivers, a conversation about the risks and benefits of a certain procedure often leads to a decision not to do something. Doctors get paid for doing, not for talking, so geriatricians earn, on average, only \$160,000 annually. While geriatricians consistently rank at the top of the list in job satisfaction when surveyed by medical journals, it is easy to see why few make that choice to begin with. (Only about 1% nationally specialize in geriatrics.)

It is all but impossible to examine an elderly person in 15 minutes (a common increment for an office visit these days), especially one who suffers from dementia, has limited mobility, can't hear or see well, and arrives with a retinue of family members or a home health aide, who may or may not speak English.

---

### **Pima Council on Aging's Annual Caregiver Consortium**



This annual daylong presentation takes place on Wednesday, November 13th from 8:30 AM to 3:30 PM at the Sheraton Suites Hotel 5151 E.

Grant Rd. It addresses concerns of those acting as caregivers either for loved ones or professionally. This year's theme is "Being Resilient in a Time of Change". Cost for a family caregiver is \$35, with lunch included. To register or for more information, call Julie Bubul at 297-3398 or Jesse Pergrin at 888-3930, or get a registration form in October's Never Too Late newsletter of the Pima Council on Aging.

---

### **Get Informed About Health Issues**

Tucson Medical Center's Senior Services gives free presentations about issues of importance to seniors. Held at the Senior Services Campus, 1400 N. Wilmot Rd., they are open to the public, but please register by calling 324-4345, as some of the presentations will fill up and will be unavailable to walk-ins.

**Monday, November 11th** from 9:30 to 11 AM  
- **Tinnitus: What's the Buzz?** Learn about tinnitus and current treatment options available

**Tuesday, November 12th** from 1:30 to 3 PM  
- **All This Paperwork:** Learn about the paperwork involved after the death of a loved one and get a checklist to determine what needs to be done

**Wednesday, November 13th** from 2 to 3:30 PM  
- **Dementia vs. Delirium:** Learn the difference between these (this series fills up fast)

**Tuesday, November 19th** from 10 to 11 AM -  
Nutrition for a Healthy Brain: Learn how what you eat can have an impact on the health and functioning of your brain

**Thursday, November 21st** from 5:30 to 6:30 PM  
- **Relieving Hip and Knee Joint Pain** for Active Adults

---

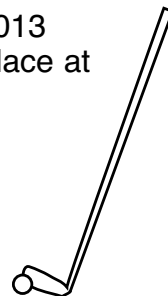
### **Golfers, Take Note! - 2013 Wingspan Golf Classic**

On November 15th 2013, the 2013 Wingspan Golf Classic will take place at the Omni National in Tucson, a fabulous resort course.

The Wingspan Classic is a four player scramble, low gross tournament. Sponsorships are still available. We reserved a block of rooms at the Omni at \$119 for Nov. 15. 12:30 pm shotgun start.

This is a fundraiser event to benefit Wingspan, the LGBT community center for Southern Arizona. We will have lots of games, raffles and prizes. So get a foursome together and come join us for a fun day. Twosomes and singles are also invited to register.

Do you have questions? Call Chris Miller at 838-3888. Are you interested in registering to play? Go to [www.wingspanclassic.com](http://www.wingspanclassic.com).



---

**Join HRC & Devereux Arizona Foster  
Care and Adoption for an Open House!**  
*When:* Saturday, November 16th - 10 AM to Noon

## The Ten Early Signs

Our memory often changes as we age, but memory loss that disrupts daily life is not typical of the normal aging process and may be a symptom of dementia, a slow decline in memory, thinking and reasoning skills. The most common form of dementia, although not the only form, is called Alzheimer's disease, which results in a loss of brain cells and brain function. Although there is no cure for Alzheimer's, there are currently some treatments that can slow the progression of the disease and alleviate some of the symptoms, so early detection and diagnosis can be of significant benefit in maintaining quality of life. Also, if the symptoms are the result of a non-dementia condition, there are treatments and cures for these other conditions, so it is recommended that seniors get regular checkups and that they discuss any concerns related to memory loss, personality change and loss of daily ability to function with their health care provider so that these can be dealt with before they worsen.

### The Ten Signs are:

- 1) Memory loss that disrupts daily life - we all forget things, like where we put the keys, but forgetting what the keys are for is a real problem
- 2) Challenges in planning or solving problems - inability to follow a plan or recipe, trouble keeping track of monthly bills, difficulty concentrating
- 3) Difficulty completing familiar tasks at work or leisure - trouble remembering the rules of a familiar game or driving to a familiar location
- 4) Confusion with time and place - forgetting where one is or how one got there, losing track of dates, seasons and passage of time
- 5) Trouble with visual images and spatial relationships - some vision problems develop as a result of Alzheimer's, like difficulty reading, judging distance and determining color or contrast, which cause problems with driving
- 6) New problems with words in speaking or writing - stopping in the middle of a conversation and being unable to continue, repeating oneself, struggling with vocabulary, trouble following a conversation
- 7) Misplacing things and not being able to retrace one's steps - inability to retrace steps to find objects, putting things in unusual places, accusing others of stealing "lost" items
- 8) Decreased or poor judgment - inability to make appropriate judgments about people or money, paying less attention to personal grooming
- 9) Withdrawal from work or social activities - because of decreased functioning, many withdraw from activities and hobbies that they would normally engage in
- 10) Changes in mood or personality - this can be one of the most difficult symptoms, as one's normal personality can change, exhibiting confusion, depression, fear, anxiety, and suspicion of others

There are other non-dementia conditions that can mimic some of the above changes. These are almost always treatable and can result in alleviation of symptoms, so getting an accurate diagnosis and having a treatment plan are essential. Waiting, worrying or being in denial because of a fear of a diagnosis of dementia can mean that these treatable conditions may worsen, so discuss openly any concerns regarding memory or behavior changes with your health care provider. Some of the following conditions can cause symptoms that look like dementia:

- ◆ Depression
- ◆ Dehydration (something to beware of in Tucson)
- ◆ Urinary Tract Infection
- ◆ Brain Tumor (pressure on the brain may cause the symptoms - many tumors are benign and operable)
- ◆ Vitamin Deficiency (as we age, our ability to absorb nutrients is diminished)
- ◆ Hormone Imbalance
- ◆ Medication (many medications have side effects, some of which can cause symptoms)
- ◆ Stress
- ◆ Anemia
- ◆ Excessive Alcohol Consumption

<b>November 2013</b>						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b> Iron Horse Park Cleanup 8:00 AM	<b>6</b> Arthritis lecture 6 - 7:30 PM (see newsletter for details)	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b> TMC Presentation: 9:30 AM - 11:00 AM TMC Senior Center	<b>12</b> Wingspan Senior Pride Meeting Himmel Library 2:00 PM TMC Presentation: 1:30 - 3:00 PM TMC Senior Center	<b>13</b> PCOA's Annual Caregivers Consortium (see newsletter for details)	<b>14</b>	<b>15</b> 2013 Wingspan Golf Classic @ Omni National	<b>16</b> 40s and Better Breakfast Group 9:30 – 11:00 am  HRC Adoption Open House @ Wingspan 10 AM - Noon
<b>17</b>	<b>18</b>	<b>19</b> Iron Horse Park Cleanup 8:00 AM TMC Presentation: 10:00 - 11:00 AM TMC Senior Center	<b>20</b>	<b>21</b> TMC Presentation: 5:30 - 6:30 PM TMC Senior Center	<b>22</b>	<b>23</b> Senior Pride potluck Metropolitan Community Church 12 Noon
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>  Thanksgiving Day	<b>29</b>	<b>30</b>

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

**..Foster Care and Adoption...** from pg 2

Where: Wingspan Community Center, 430 E. 7th St., Tucson, AZ 85705

Have you ever thought about foster care or adopting a child or do you know anyone who has? Here is a great opportunity to learn more!

HRC (the Human Rights Campaign) is teaming up with Devereux Arizona to help answer your questions and explain how the process works in Arizona. Recognized by the Human Rights Campaign, Devereux Arizona is the only organization in Arizona to receive the "All Children-All Families" seal, assuring that the staff are caring, supportive, and culturally competent in working with the LGBT community.

Coffee and bagels will be provided. For more information, please contact Debra Howard at dhoward@devereux.org.

**Humor Corner**

*WHAT CONFUCIUS DIDN'T SAY...*



Man who wants pretty nurse, must be patient.

Passionate kiss, like spider web, leads to undoing of fly.

Better to be pissed off than pissed on.

Lady who goes camping must beware of evil intent.

Squirrel who runs up woman's leg will not find nuts.

Man who leaps off cliff jumps to conclusion.

Man who runs in front of car gets tired, man who runs behind car gets exhausted.

Man who eats many prunes get good run for money.

War does not determine who is right, it determines who is left.

Man who fight with wife all day get no piece at night.

It takes many nails to build a crib, but one screw to fill it.

Man who drives like hell is bound to get there.

Man who stands on toilet is high on pot.

Man who live in glass house should change clothes in basement.

**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 5 & November 19** (1st and 3rd Tuesday) 8:00 AM **Adopt a Park Iron Horse Cleanup**

Iron Horse Park 10th Street between 3rd and 4th Ave.

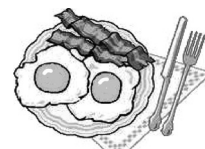


**Tuesday, November 12 (2nd Tuesday) Senior Pride Planning Meeting**

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

**Saturday, November 16** (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  
contact: Carol Ehrlich 520-584-0339



**Saturday, November 23 Monthly potluck**

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 520-398-6826



430 E. 7th Street  
Tucson, AZ 85705

Nonprofit Org.  
U.S. Postage  
PAID  
Tucson,  
Arizona  
Permit No. 769

RETURN SERVICE REQUESTED

A successful man is one who can lay a firm foundation with  
the bricks others have thrown at him.

~ David Brinkley

Always be yourself, express yourself, have faith in yourself,  
do not go out and look for a successful personality  
and duplicate it.

~ Bruce Lee

*The ladder of success is best climbed by  
stepping on the rungs of opportunity.*

~ Ayn Rand

I don't know the key to success, but the key to failure  
is trying to please everybody.

~ Bill Cosby

*I don't measure a man's success by how high he climbs  
but how high he bounces when he hits bottom.*

~ George S. Patton