



# SENIOR Wingspan's Elder Voice FORUM

Volume 9 Issue 4  
April 2013

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

## Michael and Rick's 4 bits



Last month we told you about our planned "Visioning Meeting" to define what we want to do in Senior Pride and make it relevant and meaningful to our LGBT community. This meeting took place on March 7th at Wingspan's Welcome Center and was attended by a number of people already involved in Senior Pride, including two Wingspan staff members - Sarah Bahnson, who was the driving force behind the meeting and Della Hooks, another fairly new staffer who is involved primarily with the Anti-Violence Program. Yes, it was an early-in-the-morning meeting (8:30) which may have kept some people from coming, but we did have a good turnout and some good discussion serving our intended purpose.

Watch for ongoing updates and new activities as the year progresses. And, PLEASE, if you have ideas, suggestions, or any form of input you'd like to share with us, let us hear from you. By email, phone or personal contact - we want as much genuine participation as we can get. You do have something to offer.

## Desert Voices Concert at Scottish Rites Cathedral

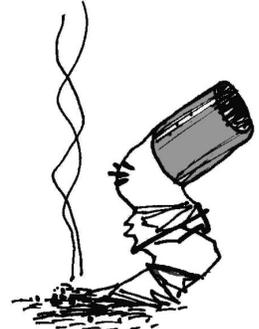
Our local LGBT mixed chorus kicks off the month of April with its second concert of their season on the first weekend of the month, April 6th and 7th. The chorus is observing its tenth season under the leadership of its artistic director Chris Tackett and will present



its usual rich and varied program of musical selections for your enjoyment. Visit [www.desertvoices.org](http://www.desertvoices.org) or call 520.791.9662 for information or tickets.

## Annual Stroke Check by Area Hospitals

On Saturday, April 13th, Tucson Medical Center and other area hospitals are providing free health checks to help determine risk for stroke. Stroke is the number 4 cause of death and the number one cause of disability in the U.S., so knowing your risk factors can help with preventive action, which includes lowering blood pressure, lowering cholesterol, losing weight, stopping smoking, and getting regular exercise (doesn't sound like fun, but a stroke can't be that much fun either!).



### Signs of a stroke include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion or trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

These checks include body mass index calculation, blood pressure check, total blood cholesterol, heart electrocardiogram (to rule out atrial fibrillation, a cause of stroke), blood sugar level and carotid doppler artery scan (to determine blockages in the carotid artery to the brain). Eight (8) hour fasting is recommended for best results and there will be snacks afterward to get your energy back

continued on pg 2

## Annual Stroke Check... from pg 1

up. The event is from 8 AM to noon, with the last intake at 11:30 AM. You will be guided through various stations where each of the tests will be performed and recorded on your personal data sheet and you will meet with a doctor at the end to discuss risk and possible interventions. The entire process takes about 45 minutes. Not all locations will provide all of the tests, however, so call 324-1960 for more information. No appointments are taken, just be sure to get there by 11:30 AM on April 13th.

The following hospitals are participating:

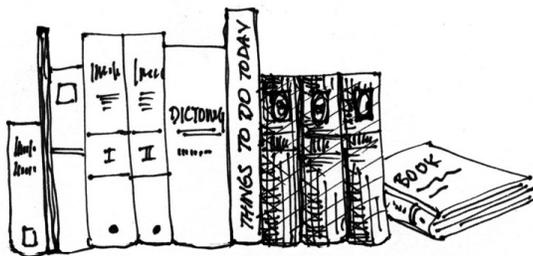
- Tucson Medical Center Marshall Conference Center (located on the east side of the campus)
- St. Joseph's Hospital
- St. Mary's Hospital
- University Medical Center
- Northwest Medical Center
- Oro Valley Hospital



## April at the Himmel Park Library

Senior Pride has a valued ally in Suzanne Parker, an employee of the Himmel Park branch of the Pima County Library, who oversees the scheduling of our monthly meetings there. She has begun to keep us informed about some of the programs at Himmel library by forwarding items that may be of interest to us. For April, she has sent in the following:

**On Monday, April 8, 2013 from 6:00 PM to 8:00 PM,** Pima County Public Library's Now Showing at Your Library presents, "The Island President," by filmmakers Jon Shenk, Bonni Cohen, and Richard Berge will be screened. After bringing democracy to his country, President Mohamed Nasheed of the Maldives, the lowest-lying country in the world, fights to keep his homeland from disappearing under the sea waters. This



documentary is being brought to us by a collaborative effort between Independent Television Service (ITVS) Community Cinema – PBS Independent Lens, Pima County Public Library, and Arizona Public Media.

**On Monday, April 15, 2013 from 6:00 PM to 8:00 PM,** Dr. Albrecht Classen, distinguished professor of German Studies from the University of Arizona, will present, "From the Deadly East German Border into National Parks: Life Returns and Defies all Borders." This Arizona Humanities Council sponsored event celebrates the coming of Spring and the re-greening of life everywhere, especially in Germany where in 1989, after 28 years of conflict, East and West Germany were unified. The border was opened, cleared, and left alone. Over time the land transformed itself from a death strip into a green zone, a new habitat where nature has energetically returned. Today, national parks have replaced the deadly no man's land.

**Monday, April 22, 2013 from 6:30 to 7:30 PM** Dr. Bessey's Garden Party Q & A Dr. Paul Bessey, retired University of Arizona horticulturalist and past president of both the Gardeners of American and the Gardeners of Tucson, is back to answer your questions about gardening and tree growing.

**Identity Theft: Are You Protected? Tuesday, April 23, 2013 from 6:30 -7:30 PM**

A speaker from Don't Borrow Trouble will teach you how to protect yourself from identity theft (which occurs when your personal information is stolen and used without your knowledge to commit fraud or other crimes) and what to do if you become a

victim. Please check Pima County Public Library's website, [www.library.pima.gov](http://www.library.pima.gov) or call 520-594-5305 for more information.

**On Wednesday, April 24, 2013 from 2:30 to 3:30 PM,** a University of Arizona Museum of Art docent will present, "The Retablo of Ciudad Rodrigo," Yes, this is the very same retablo featured in the PBS Documentary, "Secrets of the Divine." The Retablo is an altarpiece

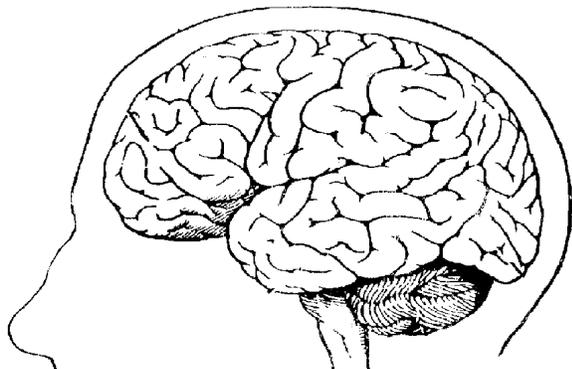
continued on pg 3

**April at the Himmel Park Library** from pg2  
 created in Medieval Spain during the 15th Century. This is a "must see", folks, especially if you are interested in art.

And don't forget...**every Monday that the library is open** (not closed for a holiday), we host Mahjong Monday from 12:00 PM to 3:00 PM. Designed for Seniors to help keep their minds sharp and to aid in making social contacts, this popular program is actually open to all who want to play Hong Kong Simplified Mahjong. Lessons are provided to beginners.

**TMC Senior Services Presentations - Got Brains?**

Tucson Medical Center's Senior Services is presenting its annual Brain Week April 15th to the 19th at the Senior Services Campus, 1400 N. Wilmot Rd. All of the presentations are free and open to the public, but pre-registration is required by calling 324-4345. These presentations are very popular, so call to reserve your place as soon as possible.



**Monday, April 15th**  
 10 to 11:30 AM - **Brain Basics**  
 3 to 6 PM - The Psychological Issues of Stroke and Traumatic Brain Injury

**Tuesday, April 16th** 10 to 11:30 AM - **Nutrition for a Healthy Brain**  
 1 to 3:30 PM - **All About Parkinson's Disease**

**Wednesday, April 17th** 9 to 10:30 AM - **My Aching Head: Headaches and Neck**

**Pain**  
 2 to 3:30 PM - **All About Alzheimer's Disease**

**Thursday, April 18th** 9 to 10:30 AM - **Advances in Brain Treatments** - This talk includes a free continental breakfast bar at 8:30 AM (This talk may already be filled)

**Friday, April 19th** 10 to 11:30 AM - **Meditation, the Brain and Aging**



**Tiaras and Tutus and Tights, Oh My!**

We ran this little blurb in the February issue of the Senior

Forum, but we think it deserves a repeat. If you've never seen this troupe of dancers before you're missing a great treat. These guys have all the right moves!

What's so unusual about a ballet performance with tutus, tights and tiaras? Imagine all the traditional ballet conventions, along with ballet slippers equipped with pointe, on men! Yes, they're returning to



Tucson - Les Ballets Trockadero de Monte Carlo. But these guys don't just play around, they are the real thing, balletically speaking. They pirouette, jeté, pas de chat and all that stuff professionally. And they will be coming to town for one show on Saturday, April 20th at Centennial Hall. Go to <http://www.uapresents.org> for more information. A few years ago, they absolutely packed the hall, so you may want to check it out early to avoid missing the fun.



April 2013						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b> Iron Horse Park Cleanup 8:00 AM	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> Desert Voices concert at Scottish Rites Cathedral 7:30 PM
<b>7</b> Desert Voices concert at Scottish Rites Cathedral 3:00 PM	<b>8</b> Himmel Library Film "The Island President" 6 PM (see newsletter)	<b>9</b> Wingspan Senior Pride Meeting Himmel Library 2:00 PM	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> Stroke Checkups at TMC and other regional hospitals (see newsletter)
<b>14</b> TMC's Annual 'Brain Week' presentations Monday thru Friday this week (see newsletter)	<b>15</b> Himmel Library Presentation by Dr. Albert Claussen, UofA professor of German studies 6 PM	<b>16</b> Iron Horse Park Cleanup 8:00 AM	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> 40s and Better Breakfast Group Royal Sun Best Western Restaurant 9:30 – 11:00 am
<b>21</b>	<b>22</b> Himmel Library Dr. Bessey's Garden Party Q & A 6:30 - 7:30 PM	<b>23</b> Himmel Library Identity Theft: Are You Protected? 6:30 - 7:30 PM	<b>24</b> Himmel Library Presentation by a docent from U of A Museum 2:30 - 3:30 PM	<b>25</b>	<b>26</b>	<b>27</b> Senior Pride potluck Metropolitan Community Church 12 Noon
<b>28</b>	<b>29</b>	<b>30</b>				

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

## Elder Wisdom Circle

Sitting in a circle around a table, a whiteboard available, we as elders of the LGBT community will look at our fears and loves to assemble them as our wisdom about living life on the planet Earth during our tenure.

Quiet time, introductions, talking stick, speaking about what as elders, we would like to pass on as our learned wisdom. What were our stumbling blocks and how did we overcome them to be productive and happy. Without too many rules or plans – let us have the “Circle” evolve on its own, go where it goes and end when it's time.

In a format used by the Omega Institute of New York; as members are ready, they pick up the talking stick and share their wisdom

with the rest of the group. By custom, they begin with “And” and end with “I have spoken.” This is an opportunity for members to share their own thoughts; it is not about religious beliefs, your doctor's belief or a book you admire.

This is not for the fainthearted; we will look at and discuss death, honesty, family, forgetfulness, ego, euthanasia, Spirit... whatever comes up. When your time to pass comes, where do you want to be ? how do you want to go out?

Hopefully, we will come up with a “Top 10” most important/positive ideas, which can be produced as cards that we can keep or send to our friends to help remember.

This circle will be held at the Wingspan Welcome Center during May. Ideas or questions contact: Gary - glart13@aol.com or 520.510.7835.

## Humor Corner

One of the many things no one tells you about aging is that it is such a nice change from being young.

Ah, being young is beautiful, but being old is comfortable. First you forget names, then you forget faces. Then you forget to pull up your zipper. It's worse when



you forget to pull it down.

Long ago when men cursed and beat the ground with sticks, it was called witchcraft... Today, it's called golf.

I just had a call from a charity asking me to donate some of my clothes to the starving people throughout the world. I told them to kiss my ass! Anybody who fits into my clothes isn't starving!

## April 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, April 2 & April 16

(1st and 3rd Tuesday) 8:00 AM  
(Note time change again)

### Adopt a Park Iron Horse Cleanup

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



### Tuesday, April 9 (2nd Tuesday)

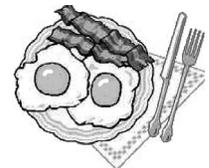
**Senior Pride Planning Meeting**  
2 PM at Himmel Park Library, 1035 N. Treat Avenue (off Speedway) ph: 594.5305

### Saturday, April 20

(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 + Stone 9:30 - 11:00 AM  
Phone contact: Carol Ehrlich 520-584-0339



### Saturday, April 27

### 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 520-207-5336



430 E. 7th Street  
Tucson, AZ 85705

RETURN SERVICE REQUESTED

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

Aprils have never meant much to me, autumns seem  
that season of beginning, spring.

~ Truman Capote, Breakfast at Tiffany's

I enjoy the spring more than the autumn now.  
One does, I think, as one gets older.

~ Virginia Woolf, Jacob's Room:  
The Shakespeare Head Press Edition of Virginia Woolf

*April hath put a spirit of youth in everything.*  
*(Sonnet XCVIII)*

~ William Shakespeare

**She turned to the sunlight  
And shook her yellow head,  
And whispered to her neighbor:  
"Winter is dead."**

~ A.A. Milne, When We Were Very Young

In the spring, at the end of the day, you should smell like dirt.

~ Margaret Atwood, Bluebeard's Egg