



SENIOR Wingspan's Elder Voice FORUM

Volume 9 Issue 5
May 2013

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

Michael and Rick's 4 bits



Michael and Rick's 4 bits

Last month we told you about Senior Pride's valued ally, Suzanne Parker, an employee of the Himmel Park branch of the Pima County Library, who oversees the scheduling of our monthly meetings there. No sooner after publishing that item, Sue has a slight downer to tell us about.

Our regular meeting at Himmel Library will have to take place elsewhere for the months of May and June, and possibly July, due to extensive remodeling taking place at Himmel during those months. The library will still be open to the public, but staff offices will have to be temporarily moved during the reconstruction and our meeting room will be used by employees while all this is taking place.

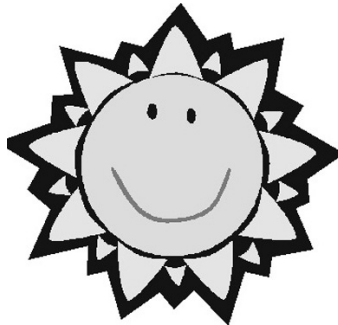
Hence, our regular monthly meeting on the second Tuesday of the month will take place at the Wingspan Welcome Center - same time, 2:00 PM, but a different location. If you can join us to discuss upcoming events and plan activities, please do so.

Reveille Spring 2013 Concert: Viva la Diva! at the Temple of Music & Art

From Reveille's website: "What is it about gay men and their divas? And just what makes a singer a diva? In the immortal words of Jack McFarland, "Barbra, Judy, Liza, Bette. These are names I shant forget". From Judy to Cher to Madonna to Gaga to Adele and every diva in-between, come and

explore the world of divadom with Reveille as we sing our favorite songs from our favorite lady singers in our spring concert."

Between Desert Voices and Reveille Men's Chorus, Tucson is never at a loss for fine LGBT musical entertainment. Reveille will be presenting "Viva la Diva" at the downtown Temple of Music & Art, 330 South Scott Ave, on Saturday night, May 4th and Sunday afternoon, May 5th at 8 PM and 3 PM, respectively. Tickets are available at www.reveillemenschorus.org or Antigone Books at \$20 for general admission and for seniors, or \$25 at the door. Student tickets are \$15. Call 520.304.1758 for more information.



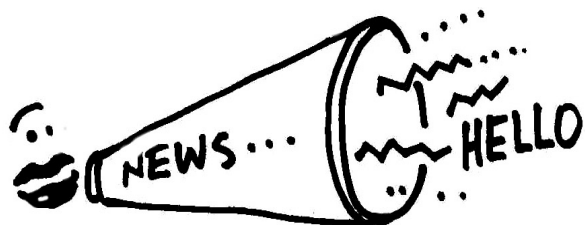
Living Healthy with Arthritis Presentation

University of Arizona Medical Center will present its free talk, May 1st from 6 to 7:30 PM in the Chase Auditorium Room 8403 of the UMC Medical Center, 1501 N. Campbell Ave. This presentation, by Jeffrey Lisse MD, will center on the growing body of evidence that the whole body approach to treating arthritis pain uses medication, exercise and stress reduction techniques. Recent studies have shown that effective communication between health care providers and patients reduces anxiety and the perception of discomfort.

Please pre-register for this event at 626-5040 or by emailing your name and phone number to livinghealthy@arthritis.arizona.edu. Parking in the UMC visitor/patient lot is \$1.50 per hour, but free parking after 5 PM is available in the UA Zone 1 lot 2030 at E. Mabel St. and Martin Ave., just south of the visitor's parking deck.

Letter Writer's Views on Gays Were Offensive

Some of you may enjoy the letter from PFLAG member Bobbie Vandegriff in the Arizona Daily Star on Wednesday, April 17. If you didn't see it, the following appeared in the Letters to the Editor section:



Re: the April 7 letter to the editor "Sexual relations a matter of morality."

The letter writer's view of same-sex marriage differs from mine in that I believe in love and all the facets of love as the basis of marriage, whereas he appears focused on other people's sex lives.

I have had the privilege of knowing many people within the gay community and take umbrage that he callously refers to their relationships as "deviant behavior" and "intrinsically disordered" based on "natural law" as disseminated by his faith.

His statements discount and overlook the religious views of other faiths that have taken great pains to examine their belief systems regarding sexual orientation. These inclusive churches are also being discriminated against by the antiquated reasoning of faith communities like the letter writer's.

A society that raises each generation with the notion of love and marriage going hand-in-hand and then denies the right to participate in all the associated social, cultural and legal protections provided by getting married is nothing short of cruel.

Bobbie VandeGriff
Retired, Tucson

TMC Senior Services Presentations

The following presentations will be offered by Tucson Medical Center's Senior Services Healthy Living Connections, located at 1400

N. Wilmot Rd. These are free and open to the public, but please **call to register in advance at 324-4345**.

Tuesday, May 7th from 10 to 11:30 AM
Health Enhancement Meditation - Introduction to Chinese medicine and an easy meditation practice for stress reduction

Wednesday, May 8th from 2 to 3:30 PM
Ask the Neurologist - Do you have any questions (specific or general) about brain function (or malfunction) that you've always wondered about? Dr. Teeple, a neurologist at TMC can answer just about any question regarding Alzheimer's, Parkinson's, stroke, or traumatic brain injury.

Thursday, May 9th from 5:30 to 6:30 PM
Treating Joint Pain,
Shoulder Arthritis and
Rotator Cuff Tears



Tuesday, May 14th from 2 to 3:30 PM
Herding the Elephants - Talking to Family about Sensitive Legal Issues

Wednesday, May 15th from 1:30 to 3:30PM
Alzheimer's Film "Complaints of a Dutiful Daughter" - A documentary by Deborah Hoffman (who also did "The Times of Harvey Milk") about her experience of dealing with her mother's Alzheimer's disease.

Monday, May 20th from 10 to 11 AM
Stroke Education: The Difference Between Right and Left Brain
Monday, May 20th from 1:30 to 3:30 PM
Physical Therapy for Older Adults - Using physical therapy as a tune-up to keep the body in good shape

Tuesday, May 21st from 10 to 11 AM
The Importance of Nutrition as We Age

Wednesday, May 22nd from 2 to 4 PM
Fit at 50 and Beyond - Learn the importance of exercise and nutrition to improve core strength, endurance and flexibility

Help for Planning End-of-Life Care

By PAULA SPAN

If your 2013 resolution is to get your family to embark, finally, on advance care planning, you will find a valuable guide in a new Web site called **Prepare**.

Dr. Rebecca Sudore, a geriatrician at the University of California, San Francisco, has spent several years developing Prepare, and in that time, "the tide in advance care planning has been moving away from forms and toward discussions," she told me. Her site reflects that shift.

Dr. Sudore and several colleagues have thought a lot about those forms, called advance directives, and they have pinpointed why they don't work as well as you'd hope. To take one problem, people find it hard to come up with answers to hypothetical situations ("Do you want a feeding tube?") that might be years away.

And people often choose a health care proxy -- someone to make medical decisions for them if they are incapacitated -- and then neglect to tell anyone, or even ask that person if he/she will accept the responsibility.

Advance directives typically focus on end-of-life care, but "most people make a lot of medical decisions about serious diseases and treatments over the course of their lives," Dr. Sudore pointed out. "They're not only end-of-life decisions."

But people see them that way, with all the concomitant anxiety about talking about or thinking about death. Which leads to the biggest problem with advance directives, really: Despite years of *nudzhing* from many sources, most people don't have one.

"There's a world of difference between patients and family members who've had time to prepare and have those discussions, and those who haven't, who are more 'deer in the headlights,'" Dr. Sudore said.

Prepare, the new Web site, makes the process arguably as simple as it can get. It avoids terms that nobody but lawyers really uses -- like "proxy" and "surrogate" -- in favor of "medical decision maker."

Mindful that the average American reads at an eighth-grade level (and the elderly, as a cohort, have less education), she has targeted Prepare to a fifth-grade reading level. The letters are large-font and the big buttons intuitive. Videos include closed captions for people with hearing loss, and text can be read aloud for those with poor sight. Yet it's clear, not condescending.

When she tested the site at a low-income senior center, "many people had never used a computer, but they rated it very easy to use," Dr. Sudore said.

Further, in addition to more familiar ideas like clarifying your values and identifying a likely decision maker, Prepare incorporates a concept you rarely heard much about a few years ago: leeway. How much flexibility do you want your surrogate/proxy/medical decision maker to have when the time for decisions has come?

You might want your family to do precisely as you've specified. But as Dr. Sudore pointed out, "Things can happen. People say, 'I'm never going to a nursing home, ever,' and then you're in a situation where that person is frail and ill and demented and the only caregiver is a frail spouse at home who can't afford home care." If you'd let your decision maker know that despite your values, you understand that circumstances might dictate a different choice, you could spare him guilt and conflict.

"The human condition can't be relegated to check boxes," Dr. Sudore said. "In real life, it's not that simple."

After a user explores Prepare with family members -- the approach Dr. Sudore encourages -- the Web site consolidates the responses into a summary and creates an action plan: things still to talk about, tell someone, commit to writing.

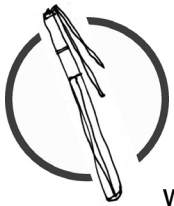
So add it to the lengthening list of tools designed to help you figure out what you want and who you want to help you before health crises strike.

Like The Conversation Project, launched by journalist Ellen Goodman, Prepare aims to foster discussion, not just generate forms. But if you live in a state with the POLST system for informing doctors of your preferences, that represents another strong option. Readers have also recommended the Five Wishes Web site. I hope you'll pick one approach and begin.

Age alone is no predictor of when these issues crop up. I'm 63, and my daughter has already grown slightly weary of such discussions, but she's got my advance directive and she knows how I want her to use it. Just as I used to mock-intone in her youth: Some day you'll thank me.

May 2013						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 May Day Arthritis Lecture 6:00 - 7:30 PM (see newsletter)	2	3	4 Reveille Men's Chorus Concert 8:00 PM @ Temple of Music & Art
5 Reveille Men's Chorus Concert 3:00 PM @ Temple of Music & Art	6	7 Iron Horse Park Cleanup 8:00 AM Elder Wisdom Circle 10:30 AM TMC Senior Services Presentation 10 - 11:30 AM	8 TMC Senior Services Presentation 2 - 3:30 PM	9 TMC Senior Services Presentation 5:30 - 6:30 PM	10	11
12 Mother's Day	13	14 Wingspan Senior Pride Meeting Wingspan Welcome Center 2:00 PM	15 TMC Senior Services Presentation 1:30 - 3:30 PM	16	17	18 40s and Better Breakfast Group Royal Sun Best Western Restaurant 9:30 - 11:00 am
19	20 TMC Senior Services Presentations 10 - 11 AM	21 Iron Horse Park Cleanup 8:00 AM TMC Senior Services Presentations 10 - 11 AM	22 TMC Senior Services Presentation 2 - 4 PM	23	24	25 Senior Pride potluck Metropolitan Community Church - 12 Noon
26	27	28	29	30	31	

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 'Elder Wisdom.'

Quiet our minds, 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 in our lives. Without too many rules or plans – let us have the "Circle" evolve on its own, go where it goes and end when its time.

Some folks have not been in workshops or circles before and feel they don't know what to say. There is nothing to fear, you don't have to talk, but probably will want to. Often, talking allows us see our own beliefs more clearly. Please join us. **Tuesday May 7th at 10:30am** EON Lounge/Wingspan Center - 520.624.1779 **430 E. 7th St.** (between 3rd and 4th Ave.), contact: Gary — glart13@aol.com or 520.510.7835 (you must dial 520 first)

Humor Corner

A group of seniors were sitting around talking about all their ailments.



"My arms have gotten so weak I can hardly lift this cup of coffee," said one.

"Yes, I know," said another. "My cataracts are so bad; I can't even see my coffee." "I couldn't even mark an "X" at election time, my hands are so crippled," volunteered a third.

"What? Speak up! What? I can't hear you!"

"I can't turn my head because of the arthritis in my neck," said a fourth, to which several nodded weakly in agreement.

"My blood pressure pills make me so dizzy!" exclaimed another.

"I forget where I am, and where I'm going," said another.

"I guess that's the price we pay for getting old," winced an old man as he slowly shook his head.

The others nodded in agreement. "Well, count your blessings," said a ancient woman cheerfully, "Thank God we can all still drive."

May 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. (Change of venue during Himmel renovation - call 520.594.5305 for info)

Tuesday, May 7

Elder Wisdom Circle

EON Lounge/Wingspan Center
430 E. 7th St. (between 3rd and 4th Ave.),
Contact: Gary 520-510-7835



Tuesday, May 7 & May 21

(1st and 3rd Tuesday) 8:00 AM
Adopt a Park Iron Horse Cleanup

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



Tuesday, May 14 (2nd Tuesday)

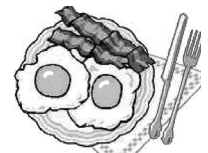
Senior Pride Planning Meeting

2 PM at Wingspan Welcome Center, 430 E. 7th Street (Note Location Change - see newsletter)

Saturday, May 18

(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 520-584-0339

Saturday, May 25

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 (Note: New phone number)



430 E. 7th Street
Tucson, AZ 85705

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

RETURN SERVICE REQUESTED

The formative period for building character for eternity is in the nursery. The mother is queen of that realm and sways a scepter more potent than that of kings or priests.

~ Author Unknown

The phrase "working mother" is redundant.

~ Jane Sellman

An ounce of mother is worth a pound of clergy.

~ Spanish Proverb

A father may turn his back on his child, brothers and sisters may become inveterate enemies, husbands may desert their wives, wives their husbands. But a mother's love endures through all.

~ Washington Irving

A Freudian slip is when you say one thing but mean your mother.

~ Author Unknown