



SENIOR Wingspan's Elder Voice FORUM

Volume 9 Issue 8
Aug 2013

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

Michael and Rick's 4 bits



We're kicking August's issue off with some important advance notices for after the hot weather passes. You are probably already aware of the upcoming Wingspan dinner at the end of September, but Senior Forum wants you all to mark September 21st on your calendars if you can possibly make it to Wingspan's first major fund-raising dinner since the economic downturn of 2008. It's not what we were accustomed to before then, but the friendly Doubletree Hotel on Alvernon will provide a great venue for the evening even if it's not on the grand scale of the TCC. Details, of course, can be found on Wingspan's website

(www.wingspan.org) or by calling 520.624.1779.

Now for October -- many of you may have already received the following notice from Wingspan's Sarah Bahnson: "Senior Pride is working on a very exciting project and we would like to invite your participation. We are looking for volunteers to help coordinate a Senior Fair/Symposium in October. Topics include brain health, Medicare, and integrated medicine. Please contact me (SBahnson@wingspan.org or call 520.624.1779 ext. 131) if you would like to become involved in this project." The date for the "expo" is October 20th at 2:00 PM at the Jewish Community Center, the site of our very successful showing of the film "Gen Silent" last October. We are hoping for a similar

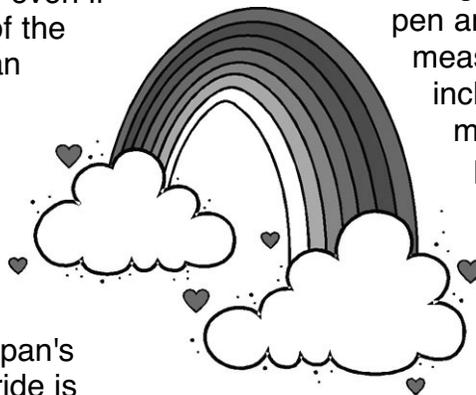
turnout for this event which will offer speakers and workshops on as many different topics of concern to the senior community as we can fit in. Senior Pride is sponsoring this event and is already in full swing with initial organizing efforts. Watch for more information as the time approaches.

The University is Recruiting!

The University of Arizona is seeking seniors to participate in a couple of interesting studies. One study researches the cognitive functioning of older adults and is being conducted by the department of psychology's Aging and Cognition Lab. Those 65 and older are eligible for this study, which uses pen and paper and computer tests to measure overall mental functioning, including word definitions, simple math questions and solving puzzles. The study involves 3 sessions of two hours each.

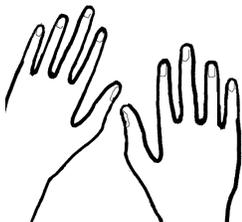
Free parking is available at the test sight. If you're interested, call Cindy at (520) 621-5721 for more information or to sign up.

A second study, conducted by the Speech, Language and Brain Lab, is looking for healthy adults age 50 to 80 who are native language English speakers with no history of speech, language or reading impairment, or neurological disease or trauma. This study involves being fitted with an eye-tracking device while the participant looks at a computer screen for one 2-hour session, with parking and compensation provided. If you meet the criteria, call Rachel Alter at (520) 626-0811 or email slablab@email.arizona.edu.



Living Healthy with Arthritis

August's presentation relating to arthritis is titled "Matters of the Heart: Cardiovascular Issues and Arthritis" Wednesday, August 7th from 6 to 7:30 PM in the Chase Bank



Auditorium, Room 8403 of the University of Arizona Medical Center, 1501 N. Campbell Ave. Lori Mackstaller MD will talk about cardiovascular risk in general with and emphasis

on inflammation, which is key to rheumatoid arthritis and increases the risk of diabetes, hypertension and underlying cardiac disease.

As always, parking is available for \$1.50 per hour in the visitor/patient garage. Free parking is available after 5 PM in the U of A Zone 1 lot 2030, south of the parking garage at E. Mabel St. and N. Martin Ave.

The September presentation will be "Solving Problems of the Foot and Ankle" by L. Daniel Latt MD, Associate Professor of Orthopedic Surgery, on Wednesday, September 4th from 6 to 7:30 PM in the Chase Bank Auditorium, Room 8403.

Please register for these free presentations by emailing livinghealthy@arthritis.arizona.edu with your name and phone number or by calling (520) 626-5040.

TMC Senior Services Presentations

It's summer in Tucson and the presentation series is very abbreviated this month at Tucson Medical Center's Senior Services. All events are free and open to the public at 1400 N. Wilmot Rd., but registration is requested by calling 324-4345.



Wednesday, August 7th from 1:30 to 3:30 PM - **Two movies about Alzheimer's:** "Grandpa, Do You Know Who I Am?" and "Last Will and Embezzlement"

Thursday, August 8th from 12:30 to 2:30 PM - **Summer movies:** "Oh Brother,

Where Art Thou?"

Tuesday, August 20th from 10 to 11 AM - **Brain Fitness** - Challenge your brain to create the formation of new brain cells

Wednesday, August 21st from 1:30 to 3:30 PM - **Alzheimer's film** "What Every Caregiver Needs to Know About Alzheimer's"

Thursday, August 22nd from 12:30 to 2:30PM - **Summer movies:** "Jumanji"

Scams, Scams and More Scams!

PCOA's newsletter, Never Too Late, ran an article in their July issue which I (Rick Jorgenson) can personally confirm as being



the whole truth and nothing but the truth. The Better Business Bureau of

Southern Arizona published the article which concerns a "medical alert" or "life alert" scam involving automated "robocall" telephone messages seemingly aimed at elderly, disabled and/or diabetic persons. I have received numerous such calls from several different area codes and numbers. Fortunately, I have discovered a way to deal with these calls and any other harassing and unwanted calls.

I found out a couple of years ago that you can Google a phone number just like you can if you're looking for any other kind of information. Just type in the phone number in the Google search box (or any other search engine such as Bing.com, Ask.com, etc.), if you have access to a computer in the usual format xxx-xxx-xxxx and click on the search icon. The search results will turn up a long list of websites that can track telephone information. If the first of these results is a site called 800notes.com you can be sure that other people have been annoyed by the same call and you can read what they've posted about their ordeals with these

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Ten Ways to Reduce Stress

The July presentation of Healthy Living with Arthritis by Ann Pardo, director of Life Management at Canyon Ranch, was very motivational. She pointed out that chronic illness and pain produces stress in the mind and body, and by reducing stress, the mind can be calmed and pain diminished. Some of the suggestions for reducing stress we have heard before, but some are not so obvious.

Learn to Breathe - This seems like an unusual statement. We all breathe or we wouldn't be alive. But she stressed that most of us don't exhale fully enough, causing a buildup of carbon dioxide in the system, which increases stress levels. So she suggested monitoring the breath, inhaling for 5 full seconds and then exhaling for 5 full seconds and repeating this pattern for a while.

Sleep Soundly - If we sleep sufficiently, stress chemicals in the system are reduced. We've all heard that 8 hours of uninterrupted sleep a night are necessary. Some of the reasons that this is not always possible (or rarely possible) are that our sleep environment is not cool enough (68 degrees), dark enough (even low levels of light can disrupt the sleep quality) or quiet enough. Try making your bedroom totally dark, quiet and cool to improve sleep quality. Also, as we age, the "half-life" of caffeine is extended, meaning that the amount of time for the body to metabolize caffeine is lengthened. If you used to be able to consume caffeine with no negative sleep impacts, consider that aging may have changed the equation.

Confide - If we feel good enough about ourselves, we can confide in someone who will hold those things tenderly. This is a powerful stress reducer.

Journal - Daily journaling allows self-witnessing, a chance to consciously explore our feelings and attitudes.

Get Creative - Being creative in some way allows us to use our imagination and is a powerful distraction from mental anguish and physical pain.

Choose Movies Wisely - This seems intuitive. Watching violent or disturbing films or TV programs can cause anxiety and increase stress.

Resolve Old Trauma - This can be a challenge, but find some way, through counseling or spiritual guidance, to resolve unhealed past trauma.

Learn Self-Hypnosis, Pray, Meditate or Knit - These are all repetitive, focused and positive activities that can distract the mind from troubling thoughts and physical symptoms.

Write a Personal Mission Statement - People who live with a mission have less stress. It is the reason for doing what we do and for living the way we live. She suggested choosing 3 core values that are most important to you and incorporating them into a mission statement that you can use to direct your daily life. If you have access to a computer, go online to find examples of core values (efficient, honest, dependable, compassionate) and include some of these in your mission statement.

Love Deeply - As we age, we tend to become more isolated and our peers succumb to illness and death. Try to maintain contact with others and develop new relationships to replace those that no longer exist.

August 2013						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Iron Horse Park Cleanup 7:00 AM	7 TMC Presentation: 2 films about Alzheimer's 1:30 - 3:30 PM Arthritis Lecture 6:00 -7:30 PM	8 TMC Presentation: Film: "O Brother, Where Art Thou?" 12:30 - 2:30 PM	9	10
11	12	13 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	14	15	16	17 40s and Better Breakfast Group 9:30 – 11:00 am
18	19	20 Iron Horse Park Cleanup 7:00 AM TMC Presentation: 10 - 11 AM	21 TMC Presentation: 1:30 - 3:30 PM	22 TMC Presentation: Film: "Jumanji" 12:30 - 2:30 PM	23	24 Senior Pride potluck - MCC 12 Noon
25	26	27	28	29	30	31

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

scammers/telemarketers/phonies. It would also be a good idea to visit the BBB's website (www.tucson.bbb.org) to keep abreast of such developments and to subscribe to their e-newsletters which are published periodically when these concerns arise. I have kept a file on all of these unwanted calls for the last 3 years and they just keep getting larger as time goes by.

The FCC and the federal "Do Not Call" registry are useless - there is no enforcement of the DNC registry because the laws are inadequate and have no "teeth" in them. But you can often pick up some tips from others who are railing against telemarketers and other harassing callers, not to mention that some of their posts can make for quite entertaining reading.

Humor Corner



Lovemaking Tips For Seniors

- 1. Wear your glasses to make sure your partner is actually in the bed.*
- 2. Set timer for 3 minutes, in case you doze off in the middle.*
- 3. Set the mood with lighting.
(Turn them ALL OFF!)*
- 4. Make sure you put 911 on your speed dial before you begin.*
- 5. Write partner's name on your hand in case you can't remember it.*
- 6. Use extra polygrip so your teeth don't end up under the bed.*
- 7. Have Tylenol ready in case you actually complete the act.*
- 8. Make all the noise you want...the neighbors are deaf, too.*
- 9. If it works, call everyone you know with the good news!!*
- 10. Don't even think about trying it twice!*

August 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, August 6 & August 20

(1st and 3rd Tuesday) **7:00 AM**

(Note time change - summer weather is here!)

Adopt a Park Iron Horse Cleanup

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



Tuesday, August 13 (2nd Tuesday)

Senior Pride Planning Meeting

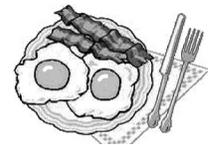
2 PM at Himmel Park Library (library renovations are done! we're back in our usual place) 1035 N. Treat Avenue (off Speedway) ph. 594-5305

Saturday, August 17

(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, August 24

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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Where justice is denied, where poverty is enforced, where ignorance prevails, and where any one class is made to feel that society is an organized conspiracy to oppress, rob and degrade them, neither persons nor property will be safe.

~ Frederick Douglass

If the society today allows wrongs to go unchallenged, the impression is created that those wrongs have the approval of the majority.

~ Barbara Jordan

*The most dangerous creation of any society
is the man who has nothing to lose.*

~ James Baldwin

Justice without force is powerless; force without justice is tyrannical.

~ Blaise Pascal

The fight for justice is not a sprint...it's a marathon relay race. You can't see where the track ends. You can just take the baton and run as hard as you can and as fast as you can and as far as you can.

~ Ira Glasser