



# SENIOR Wingspan's Elder Voice FORUM

Volume 10 Issue 2  
February 2014

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

## Michael and Rick's 4 bits



The new year is off and running and now we're already into the "love month" with all the Valentine cards, gifts and wooing by suitors to their intendeds. Corny, some will say, but it's still good for a struggling economy.

There are some interesting things on the horizon for this month, not to mention the Gem & Mineral Show which is always a big deal here in Tucson. Take a look below and at the February calendar to see what piques your interest. Our local weather is making for a great winter season in terms of outdoor activities - let's pray for rain, but keep on doing active and healthy pursuits.

### PFLAG's February Treat

PFLAG will hold its Annual Couples Celebration on **Wednesday, February 5, at 7:00 pm at the Ward VI City Council Offices** at 3202 E. 1st Street. This is our Valentine's Day celebration for the LGBT community, and we welcome everyone - couples, singles, friends and allies to join us to:

- Have your relationship honored
- Be inspired by love and commitment
- Listen to "How we met" stories
- Inspire PFLAG parents for their children
- Give hope to those yet looking!

Sharing stories of meeting, falling in love, and making a commitment for life reminds all of us of how similar we are. It also helps others understand what the struggle for gay marriage is all about.

We will provide snacks, appetizers and assorted beverages. Please RSVP to Jack and Karen at karenj7@cox.net, (520) 207-9120.

### Living Well Presentations

Pima Council on Aging is presenting a series in Green Valley on topics of interest to the senior community. This month's presentation is titled "Exercise: The surprising links between your brain and body", on Thursday, February 6th from 9 to 10 AM at the Canoa Hills Social Center, 3660 S. Camino Del Sol in Green Valley. These talks are free and open to the public with a capacity of 50 people, first- come first- served.



### Healthy Living Connections Presentations

Tucson Medical Center's Senior Services presents its monthly talks on topics dealing with senior health issues. These are free and open to the public and located at 1400 N. Wilmot Rd.

Please phone 324-4345 to register in advance, as some of these presentations are popular and there is limited seating. The classroom now has the LOOP, a hearing assist device that allows people with newer hearing aids to receive a radio transmission directly to their hearing aids, making for clearer reception. Also, they have headphones available to lend for the presentations.

Tuesday, February 4th from 9 to 11 AM - Medication Safety - Pharmacists with tips to stay safe and use your medications for the greatest benefit. Also, bring questions and pill bottles for individual consultations with a pharmacist.

Wednesday, February 5th from 10 to 11:30 AM - Healthy Lifestyle Support - Get information to

## Healthy Living Connections from pg 1

help you develop goals and stay on track to accomplish them.

Wednesday, February 12th from 1 to 2:30 PM  
- The Heart-Brain Connection and Stress Relief  
- Learn how the heart and brain communicate with each other to understand the link between stress, emotions and physiology.

Wednesday, February 19th from 10 to 11:30 AM  
- Willpower and Motivation - We all need more of those.

Thursday, February 20th from 2 to 3:30 PM  
- Don't be a Victim of Scams and Frauds - Attorney John Evans shares information on the latest scams and how to prevent getting taken in by one.

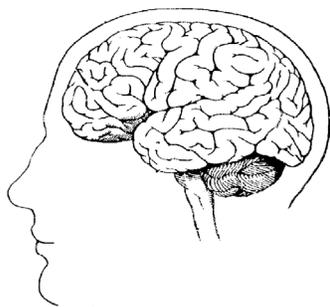
Thursday, February 27th from 1:30 to 3 PM  
- You and Your Medications - Another talk about the importance of medication awareness and how the aging body reacts differently to medications.

A special presentation takes place on Friday, February 7th from 1 to 3 PM at the TMC Marshall Conference Center at the TMC campus, 5301 E. Grant Rd., on the east side of the complex along Craycroft Rd. This presentation is titled "Valley Fever; People and Pets" and will feature experts who deal with valley fever in us and our companion animals. Please call 324-4345 to register for this event.

## Successful Aging and Brain Health

The University of Arizona's second annual conference takes place on Friday, February 21st from 8 AM to 5 PM at the Doubletree Hotel-Reid Park ballroom.

This conference features experts on brain health with the latest information on the science of successful aging, focusing this year on reducing risk of developing Alzheimer's disease, which affects 1 in 8 adults over the age of 65. Registration

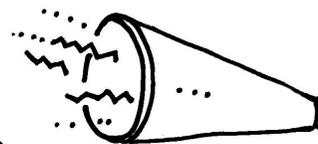


for the conference is \$48 and includes continental breakfast and lunch. Register by calling Cortney Jessup at 520 621-5213 or online at [www.psychology.arizona.edu/ACoSA](http://www.psychology.arizona.edu/ACoSA).

## Volunteers Needed

Would you like to volunteer for Wingspan?

The team that processes incoming donations needs your help. Two of us come together twice a week to enter necessary data for accounting. Our designated days are Monday and Thursday at 2 PM. Depending on how much we have to process we are there for 1-2.5 hours each time. Volunteer for one or more time slots each month. People who have some computer skills (we use a PC), can maintain confidentiality, are reliable and are fun, only need contact the chair, Lavina Tomer: [leffiet@gmail.com](mailto:leffiet@gmail.com) or call 520-319-0679. You will be trained for our programs and processes. We request that those of us who are on this committee not wear perfumes or heavy scents in the Administration Office where we meet.



## More from PFLAG

Dr. Michael Newcomb of the IMPACT LGBT Health and Development Program at Northwestern University is conducting a brief survey of adolescent gay, bisexual and same-sex attracted young men and their parents. The purpose of this survey is to help us understand more about the family factors that influence the health and well-being of same-sex attracted adolescent young men. This is one of the first studies to enroll parents to help us understand more about the health of same-sex attracted young people. Both you and your child will be compensated for your time.

If you are interested in participating, go to the following web link to see if you and your child are eligible:

<https://www.lgbtstudy.org/limesurvey/index.php?sid=15138&lang=en>

If you know of anyone who may have interest in this study, find more information on the

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IMPACT Program and Northwestern University at the following links:

[www.impactprogram.org](http://www.impactprogram.org)

[www.mss.northwestern.edu](http://www.mss.northwestern.edu)

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Northwestern University Feinberg School of Medicine

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[newcomb@northwestern.edu](mailto:newcomb@northwestern.edu)

Study Name: Parent-Adolescent Health Study

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## PFLAG Scholarships

It's PFLAG scholarship time! PFLAG's program is once again supported in part by funds from the LGBT–Straight Alliance Fund, a fund



held at the Community Foundation for Southern Arizona. The Alliance Fund has awarded PFLAG a \$2,500 matching grant, allowing us to award five joint \$1,000 scholarships in the name of Gene Moore, our past president, and one \$1,000 scholarship in the name of Mark and Art

Woodland. These will go to LGBT high school seniors, undergraduate students, and graduate students from southern Arizona to attend an institution of higher learning.

This year's application materials are now available on PFLAG Tucson's website at <http://www.pflagtucson.org/scholarships>. For further information you may also contact PFLAG at 520-360-3795, [pflagtuc@pflagtucson.org](mailto:pflagtuc@pflagtucson.org), or P.O. Box 36264, Tucson, AZ 85740. The application deadline is March 31, 2014, and we will make our award decisions in mid-April, to be followed by our awards reception on May 7 at the Ward VI City Council Offices.

We also welcome contributions to our scholarship fund to help us reach our \$2,500 matching goal. Any contributions can be sent to the above post office box with a notation on the memo line of the check stating that the money is for this fund.

## Act FAST

If the answer to any of the questions below is yes, there's a high probability that the person is having a stroke.

**Face** Ask the person to smile. Does one side of the face droop?

**Arms** Ask the person to raise both arms. Does one arm drift downward?

**Speech!** Ask the person to repeat a simple sentence. Are the words slurred? Does he or she fail to repeat the sentence correctly?

**Time** If the answer to any of these questions is yes, time is important! Call 911 or get to the hospital fast. Brain cells are dying.

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## The Mystery Cure?

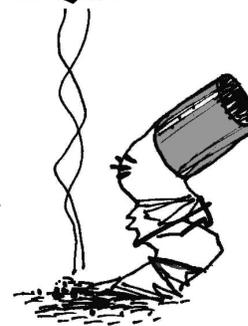
Your blood pressure may go down; resting heart rate may decrease; immune system function may get stronger; susceptibility to heart attack and stroke may decrease; headaches, backaches and neck pain may abate; the need for medications may diminish; sexual strength may increase; you will feel happier and thinking will become clearer.

What magic potion can bring about all of these benefits? According to Edward M. Hallowell M.D. of Harvard Medical School in the book "Dare to Forgive", it's forgiveness. As good as losing weight, getting enough sleep, taking vitamins and supplements and wearing seat belts. Letting go of old grievances and giving up the desire for revenge can free up energy that can be used for constructive, positive thoughts and activities.

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## Another Chance to Quit

In December's Forum we told you about a study by the Arizona ASHline, a program to assist Arizonans who want to give up tobacco use. They planned to survey a group of LGBT people about their tobacco use and ways that the ASHline might be better able to reach and help LGBT individuals kick the habit, but the study was postponed until this spring, with a definite date



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<b>February 2014</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> Iron Horse Park Cleanup 9:00 AM TMC Senior Services Presentation 9 - 11 AM	<b>5</b> PFLAG's Couples Celebration 7 PM Ward 6 office (see newsletter) TMC Senior Services 10 - 11:30 AM	<b>6</b> Living Well Presentation Green Valley 9 - 10 AM (see newsletter)	<b>7</b> TMC Special Presentation Marshall Conference Center 1 - 3 PM (see newsletter)	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b> Wingspan Senior Pride Meeting Himmel Park Library 2:00 PM	<b>12</b> Alzheimer's Conference Tucson JCC 8 AM - 3:30 PM (see newsletter)	<b>13</b>	<b>14</b>	<b>15</b> 40s and Better Breakfast Group 9:30 – 11:00 am
<b>16</b>	<b>17</b>	<b>18</b> Iron Horse Park Cleanup 9:00 AM	<b>19</b> TMC Senior Services Presentation 10 - 11:30 AM	<b>20</b> TMC Senior Services Presentation 2 - 3:30 PM	<b>21</b> Aging & Brain Health Conference Doubletree Hotel 8 AM - 5 PM (see newsletter)	<b>22</b> Senior Pride potluck MCC - 12 Noon
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> TMC Senior Services Presentation 1:30 - 3 PM	<b>28</b>	<b>29</b>

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

## Another Chance to Quit from pg 3

still to be determined. It will involve attending an informal discussion group at a public library branch, with a \$20 Target gift card as a thank you for your time. Do yourself, your partner and your community a favor by attending and working toward being tobacco free. Call the ASHline at 520 318-7212 ext. 236 and talk to or leave a message for Ben expressing your interest and he'll let you know when and where to participate.

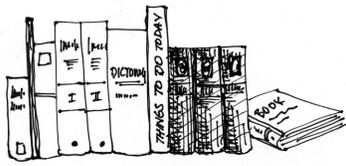
## Ages and Stages Expo

The annual Pima Council on Aging senior expo takes place Saturday, March 8th 2014 from 9 AM to 4 PM at Casino del Sol. The expo features exhibits, seminars, demonstrations and raffles and is free and open to the public. Come see what's available to the senior community.

## Alzheimer's Education Conference

I am proud to announce the 20th Annual Mayor's Alzheimer's Education Conference scheduled for Wednesday, March 12th from 8 AM to 3:30 PM at the Jewish Community Center.

We have a wonderful agenda lined up with some dynamic speakers bringing the latest information in



Alzheimer's research, resources and information for individuals and professionals. New this year, we have added sessions for individuals diagnosed with dementia living in the early stages and the Virtual Dementia Tour available to attendees.

If you have any questions or would like more information, please call our office at 322-6601 or email us at [kraach@alz.org](mailto:kraach@alz.org).

Kelly A. Raach, Regional Director  
Alzheimer's Association - Desert Southwest Chapter  
3003 S. Country Club Rd., Ste 209  
Tucson, AZ 85713  
P 520-322-6601  
[www.alz.org/dsw](http://www.alz.org/dsw)

# February Events

## Meander in Tucson Meetup Group

List of events for lesbian women  
<http://www.meetup.com/MeanderinTucson>

## Monday Mah Jongg

Every Monday (except holidays), 12:00 noon to 3:00 PM at Himmel Park Public Library branch, 1035 North Treat Ave.

## Tuesday, February 4 & February 18

(1st and 3rd Tuesday) 9:00 AM

## Adopt a Park Iron Horse Cleanup

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



## Tuesday, February 11 (2nd Tuesday) Senior Pride Planning Meeting

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

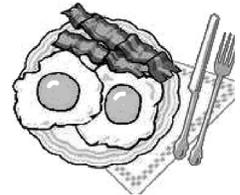
## Saturday, February 15

(every 3rd Sat. 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, February 22

## 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





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*Immature love says: 'I love you because I need you.'  
Mature love says 'I need you because I love you.'*

~ Erich Fromm

**I have decided to stick with love. Hate is too great a burden to bear.**

~ Martin Luther King, Jr.

*I have found the paradox, that if you love until it hurts,  
there can be no more hurt, only more love.*

~ Mother Teresa

**Keep love in your heart. A life without it is like a sunless garden  
when the flowers are dead.**

~ Oscar Wilde

Friends can help each other. A true friend is someone who lets you have total freedom to be yourself - and especially to feel. Or, not feel. Whatever you happen to be feeling at the moment is fine with them. That's what real love amounts to - letting a person be what he really is.

~ Jim Morrison