



SENIOR Wingspan's Elder Voice FORUM

Volume 10 Issue 3
March 2014

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

Michael and Rick's 4 bits

It looks like anything resembling winter has almost completely bypassed us this year. We've been breaking records for warm temps all over the place. But who's complaining? Let's hear it for global warming!

Senior Pride wants to start this month's newsletter with a shout out to our chief liaison to PCOA, Sandy Davenport. Sandy is almost always at our Senior Pride monthly meeting with updates on PCOA's programs and plans for the LGBTQ community here in Tucson. She has played an important part in organizing many of our events in the past and she just keeps on keeping on. Her main thrust these days is Project Visibility, the PCOA program described below in our first article this month. Senior Pride salutes and thanks Sandy Davenport with all its heart!



Southern Arizona community whose philanthropy meets the needs of all its members.

Project Visibility is a cultural competency training (developed by Boulder County Aging Services) to help service providers become more informed, sensitive to, and supportive of LGBT older adults and their families.

PCOA, with Wingspan Senior Pride co-sponsoring, leads a community collaboration to provide Project Visibility trainings to care providers and administrators at assisted living facilities, nursing homes, and home health agencies. We have provided these trainings to over 800 participants since 2012. To request a no-cost Project Visibility training for your agency, contact PCOA at 790-0504.

In order to make all PCOA services more accessible to the LGBT community, PCOA has the following designated in-house Specialists in LGBT Eldercare: Intake Specialist John Barnes, Neighbors Care Alliance Outreach Coordinator Bridget Roads, Elder Rights and Benefits Specialist Fran Orman, and Caregiver Specialists Sandy Davenport and Suzy Bourque.

Alliance Fund Awards Grant to Support Project Visibility Trainings

PCOA is grateful for the recent award of a grant from the Alliance Fund in support of Project Visibility trainings in our community. The LGBT & S (Lesbian, Gay, Bisexual, Transgender, and Straight) Alliance Fund is a Program of the Community Foundation for Southern Arizona. The Alliance Fund's Mission is "to foster charitable giving in support of innovative programs and initiatives that benefit the Lesbian, Gay, Bisexual, Transgender and Straight community in Southern Arizona. The LGBT & S Alliance Fund envisions a diverse and caring

Living Well in Green Valley

The monthly series "Living Well: Caring About Yourself", sponsored by Pima Council on Aging, this month presents "Memory Changes with Age: What To Do About It?" by Dr. Elizabeth Glisky, professor of psychology. This free presentation takes place on Thursday, March 6th from 9 to 10 AM in the Canoa Hills Social Center, 3660 S. Camino del Sol. It is open to the public, but seating for 50 is first-come, first-seated.

Ages and Stages Expo

The annual Ages and Stages Expo, sponsored by Pima Council on Aging, takes place this year on Saturday, March 8th from 9 AM to 4 PM at the Casino del Sol, 5655 W. Valencia Rd. This free event features entertainment (including an Elvis impersonator!), exhibits, seminars, and demonstrations. Free parking or Sun Tran bus line #27 will take you there. Come see what's available to the senior community in Tucson and maybe even have some fun (an Elvis impersonator should be a hoot!).

Senior Services Presentations

Tucson Medical Center Senior Services offers the following free presentations this month. As usual, they are open to the public, but pre-registration is required by calling 324-4345, as some of the presentations get filled up in advance. They take place at 1400 N. Wilmot Rd.

Wednesday, March 5th from 10 to 11:30 AM - Healthy Lifestyle Support - Support and information to stay on track with healthy lifestyle goals.

Wednesday, March 12th from 2 to 3:30 PM - Ask the Neurologist - This session deals with neurological problems facing adults, so bring specific questions to get answers from an expert.

Tuesday, March 18th from 10 to 11 AM - The Importance of Nutrition as We Age - Learn what special needs seniors have to maintain proper nutrition.

Wednesday, March 19th from 10 to 11:30 AM - Strategies for Personal Change - Help setting and maintaining goals for a healthier life.

Thursday, March 27th from 1:30 to 3 PM - Take Charge of Your Hospital Stay - Learn tips from those inside the hospital how to take charge and manage a stay in the hospital.



"Garage and/or Yard Sale"

Our monthly potluck at Metropolitan Community Church on Saturday, February 22 yielded some unexpected information that might be of use and value to anyone. The church is

holding a garage/yard sale on Saturday, March 15th from 8 AM to 2 PM. Anyone with items to donate can drop them off at the church from 10 AM to 2 PM Tuesdays through Saturdays from now until the Ides of March (the 15th).

Acceptable items are anything of reasonable quality in good shape that you might want to dispose of. Please - no junk. For more information contact Kathy Balheimer at 520.975.2461.

Volunteers Needed

We ran this paragraph last month, but got no response and some small response is needed. So please, step up people, and come have some fun for one or two short hours while doing some good for Wingspan!



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 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.

Wait, Wait, Don't Tell Me!

Ever want to say something, but just can't find the "word"? Of speakers of 51 different languages, 45 of them use expressions using "the tongue" to describe the situation in which one feels an inability to think of a particular word. In English we say "It's on the tip of my tongue", in Italian it's the same expression "Sulla punta della lingua", in Afrikaans "Op die punt van my tong" as well as similar expressions in Estonian

continued on pg 5

The following is the first in a series of brief interviews Senior Pride will conduct with various members of our LGBTQIA members here in Tucson. We want to introduce some of our own movers and shakers to the rest of the community by presenting these interviews in the Senior Forum. We would appreciate any feedback and/or suggestions from our readers for other people they would like to learn more about in this manner - business owners, leaders, teachers, and anyone else in our community. Please feel free to contact Senior Pride by calling Wingspan or emailing seniorpride@wingspan.org.

Interview with Carol Grimsby, Executive Director of Wingspan

Dea Brasgalla: Tell me about yourself. Who is Carol Gimsby?

Carol Grimsby: I grew up in Kansas City with a religious background. I have two brothers and two sisters. I married at age 19 and have one son who is now 34 years old and I have one grandchild. In 1996, I came out after a long, two-year struggle which involved my integrity about being gay. There was no one waiting in the wings. Actually, it was my 16-year old son, Dave, who told me I was a Lesbian. He and his friends from High School were my support system. As for my birth family and friends, neither wanted to deal with the situation and felt, "it was a phase I was going through". Both felt I had deceived them and had been dishonest. My only real concern was that someone would take away my son even though his Dad did not want him. I raised him on my own without any support from his father. My son and I are the best of friends. Truly, I have never regretted my decision nor looked back and I am not defined by being gay. That is only one aspect of me. I am an avid runner, tennis player and excel in fencing.

DB: Wow! a woman with a sword! I'm impressed!!

CG: I love to cook, especially big holiday dinners for my family.

DB: Where does your passion for life lie?

CG: It comes from experiencing life. I don't have to know everything anymore. Every day is different and unique and I delight in just experiencing it.

DB: Who or what inspires you?

CG: John F. Kennedy and Martin Luther King are my heroes. They paid the ultimate price for bringing people together and the things they did to change civil rights. And I am inspired by the people around me. Not only staff here at Wingspan, but also the volunteers who are really involved in doing great things to make a difference on the ground level.

DB: If you could wave a magic wand, what would Wingspan look like in 5 years?

CG: Wingspan would be a hub of activity and the doors would be open to all LGBTQ community members. We would have a Virtual Academy for our youth and great programming for them. As an example JTED, a vocational school, would provide training to obtain great jobs. They would be able to complete their High School GEDs and get assistance in filling out the paper work for college and Pell Grants. Our homeless youth would have more housing and products needed for their daily living. The Anti-Violence Program would thrive and grow as would Saga, Rainbow Families, and Senior Pride. Projects and programs would be evaluated for their effectiveness and new ones implemented. I would love to see an increase in meeting space for all community members and the Community Center be accessible for all. Lastly, to provide relevant services for all and to design programs for those between 26 and 50 years of age which have been lacking.

By Dea Brasgalla, Senior Pride Member

March 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Iron Horse Park Cleanup 8:00 AM	5 TMC Presentation: 10:00 - 11:30 AM	6 Living Well in Green Valley 9:00 - 10:00 AM (see newsletter for details)	7	8 Ages & Stages Expo at Casino del Sol (see newsletter for details)
9	10	11 Wingspan Senior Pride Meeting Himmel Library 2:00 PM	12 TMC Presentation: 2:00 - 3:30 PM	13	14	15 40s and Better Breakfast Group 9:30 - 11:00 am Garage/Yard Sale MCC - 8 AM - 2 PM
16	17 St. Patrick's Day	18 Iron Horse Park Cleanup 8:00 AM TMC Presentation: 10:00 - 11:00 AM	19 TMC Presentation: 10:00 - 11:30 AM	20	21	22 Senior Pride potluck MCC - 12 Noon
23	24	25	26	27 TMC Presentation: 1:30 - 3:00 PM	28	29
30	31					

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

Wait, Wait, Don't Tell Me! from pg 2
 "Keele osta peal" (at the head of the tongue) and
 Cheyenne "navonootse'a" (I have lost it on my
 tongue). A very poetic Korean "Hyeu kkedu-te
 mam-dol-da" translates as "Sparkling at the end
 of my tongue".

Save the Following Date(s)

Sshhh! There might be a celebrity on the way....

A reliable source reports that a famous personality from our community might, just might, be coming to the Old Pueblo on the 23rd of March to present a show at the Fox Theatre that would be of interest to many of us. No names at this point, but be watching for a possible announcement in the media.

Wingspan's Volunteer Recognition Party

Wingspan will recognize its volunteers at an event to be held at La Cocina on March 30th at 4 PM and beyond. All volunteers are welcome and encouraged to attend to receive Wingspan's thanks for all their efforts during the past year. This is an event that happens annually in one form or another, be it a picnic, a party or something else altogether, and it recognizes all of Wingspan's valuable and much appreciated volunteers.



Wingspan Phonathon

Wingspan will be holding a fund-raising phonathon on April 15th (no, it has nothing to do with the fact that it's Tax Day) and requests your participation if at all possible. We will be calling people who have donated to Wingspan in the past as well as trying to contact new prospective donors. All that is required is a good attitude and a thankful heart. If interested, please call the office at Wingspan, 624.1779 and ask to speak to the Development Office. As usual, these get-togethers can be fun and rewarding times for all involved.

March 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, March 4 & March 18

(1st and 3rd Tuesday) 8:00 AM

Adopt a Park Iron Horse Cleanup

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



Tuesday, March 11 (2nd Tuesday)

Senior Pride Planning Meeting

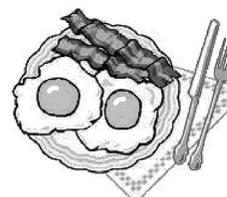
2 PM at Himmel Park Library
 1035 N. Treat Avenue (off Speedway) ph. 594-5305

Saturday, March 15

(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



Phone contact: Carol Ehrlich 520-584-0339

Saturday, March 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
 20-398-6826





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**THERE ARE SOME IDEAS SO WRONG THAT ONLY A
VERY INTELLIGENT PERSON COULD BELIEVE THEM.**
~ George Orwell

*A fanatic is a man who consciously overcompensates
a secret doubt.*
~ Aldous Huxley

TO GREED, ALL NATURE IS INSUFFICIENT.
~ Seneca

Whoever fights monsters should see to it
that in the process he does not become a monster.
~ Nietzsche

*The thing that makes you exceptional, if you are at all,
must also make you lonely.*
~ Lorraine Hansberry