



**SOUTHERN
ARIZONA
SENIOR
PRIDE**

SENIOR
LGBT Elder Voice
FORUM

**PRIDE IS AGELESS.
CELEBRATE!**

**EL ORGULLO NO TIENE
EDAD. ¡CELEBRA!**

November--December 2021

Volume 17 Issue Six

Celebrating, Supporting, and Uniting LGBTQI+ Older Adults

Senior Pride Announces 2022 Health and Wellbeing Focus

Health and wellbeing are important for everyone, but attending to our nutrition, lifestyles, and mental habits with greater intention as we age can have a particularly critical impact on our quality of life. Members of the LGBTQI+ community can also face unique challenges in terms of their physical and mental health. For these reasons, Senior Pride is happy to announce that throughout 2022 we will be offering programs and workshops with a special focus on health and wellbeing for LGBTQI+ older adults.

Though still in the design phase, programs are likely to include: nutritional needs and healthy lifestyle habits for seniors; mental wellness with exploration of depression, the critic's voice, and assertive communication; practical needs for LGBTQI+ older people including aging in place and navigating the healthcare system; alternative healthcare options.

To follow developments with these programs, stay tuned to our website at www.soazseniorpride.org. If you have e-mail, please sign up for our weekly e-news by clicking on "Join Our E-mail List" at the top of the home page.

Pam Witting and the Health and Wellbeing Committee

Spearheading Senior Pride's 2022 Health and Wellbeing Programs is Board Member Pam Witting. With dual Master's degrees in Health Promotion & Education and Social Work, Pam has dedicated her life to supporting others in their quest for happier, healthier lives. She has served on Senior Pride's Board for a year and is now chairing the Health and Wellbeing Committee.



during her 20s and 30s. Pam currently competes as a member of the UA's Masters swimming program.

Pam moved to Tucson about four years ago from Grand Rapids, Michigan. Pam lived in Phoenix during the late 90's and early 2000's and was

delighted to return to the desert Southwest.

In her first job out of college, Pam was an elementary school PE teacher and reading specialist. She also coached high school softball, basketball, and swimming. Pam then spent 23 years managing onsite Wellness and Medical Services for employees of three major companies. She was a competitive swimmer in college and then participated in triathlons

Joining Pam on the Health and Wellbeing Committee are **Rick Fendrick** and **Jobeth Anderson**. Rick is a retired nurse practitioner and Jobeth has a strong interest in alternative care. *If you would be interested in joining the committee, please contact Susannah Myerson, Volunteer Coordinator at: volunteer@soazseniorpride.org*



Southern Arizona SENIOR PRIDE

**Celebrating, Supporting, and
Uniting LGBTQI+ Older Adults**

1632 N. Country Club Rd.
Tucson, AZ 85716

(520) 312-8923

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www.SoAzSeniorPride.org

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To receive printed copies by mail, call (520) 312-8923 to be put on the Forum's mailing list or email us at info@soazseniorpride.org

SAVE THESE DATES:

TUESDAY, NOVEMBER 9 – SPEAKER'S SERIES PRIDE IN OUR PAST: ARIZONA'S LGBTQI+ ARCHIVE

Speaker, Jamie A. Lee

Founder and director of the Arizona Queer Archives, AQA, Jamie A. Lee, PhD, is Associate Professor in the School of Information at the University of Arizona.



2pm, (on Zoom)

Register at

<https://soazseniorpride.org>

For a decade, the Arizona Queer Archives has preserved our Pride community's history.

Jamie will discuss the array of objects, histories, posters and, even, clothing and eyeglasses, that so graphically illustrate the rich lives of our Pride Tribe.

SATURDAY, NOVEMBER 13 SENIOR PRIDE VOLUNTEER ORIENTATION:

This is your opportunity to learn all about becoming part of the Senior Pride family of volunteers working together to celebrate, support, and unite older LGBTQI+ adults in our community.

**Mark your calendar for
1:00 to 3:00pm**

Cornerstone Fellowship Hall
(2902 N. Geronimo – near First & Glenn).

FRIDAY, DECEMBER 3 – SPEAKER'S SERIES WHAT ARE PRIORITIES FOR OUR LGBTQI+ COMMUNITY?

Speakers: Sally Dodds and

Beth Meyerson

Moderator: Robert Bell

2-3:30 pm, (on Zoom)

Register at

<https://soazseniorpride.org>

Sally Dodds and Beth Meyerson have conducted the first ever survey of Pima County LGBTQI+ older adult community members. Find out what they've found and what will allow programmers and activists to organize around. (See page three for speakers' bios and review of the survey.)



Senior Forum is printed in-house by the Southern Arizona AIDS Foundation (SAAF), whom we thank for their many services as Senior Pride's fiscal sponsor.



Pima Council on Aging
Help Line: 520.790.7262
(M-F 8:30am-5pm)

help@pcoa.org

To learn about in house LGBTQ Elder Care specialists on PCOA's staff, email: SBahnson@pcoa.org

Update on the Aging Successfully Needs Assessment

Earlier this year the Southwest Institute on Research for Women worked closely with Senior Pride and several other local organizations to conduct a needs assessment of Pima County older LGBTQI+ adults. The study was conducted by Research Professor Beth Meyerson and retired Researcher Sally Dodds. Beth and Sally will present their findings from the study at *Senior Pride's Speaker Series on December 3 at 2:00pm*.



SALLY DODDS, PhD, is a retired UA professor of psychiatry and medicine with a career background in HIV/AIDS research.

BETH MEYERSON, PhD, is a professor with the University of Arizona Southwest Institute for Research on Women (SIROW) and Board Member of Lambda Legal.



The survey, administered primarily online, was taken by 462 older LGBTQI adults in Pima County. In general, the survey focused on three areas, Characteristics (e.g., ages, sexual orientation/gender identity, race and ethnicity, relationship status, annual income, degree of outness, etc.), Basic Needs (housing, food security, health and mental health services, and financial adequacy), and Social Connections (i.e., social support; interests in affirming social and recreational programs for wellbeing and connection).

The survey results show that, in this particular sample, most older LGBTQI adults in Pima County are doing very well in the area of Basic Needs. About 80% said their health is good or excellent, 90% have safe housing and are food secure, and 71% have enough financial resources to cover monthly expenses with some leftover. With a few exceptions, most are “out” to key people in their lives and feel accepted. In addition, there is a smaller number of people who don’t have one or more of their Basic Needs met and who may be vulnerable and at risk. In comparing respondents who were trans or nonbinary (TNB) with those who were cis-LGB on the core survey questions, there were no differences except in experiences of discrimination.

Both groups, those doing well as well as those more vulnerable, appear to need more social supports and are also interested in safe and affirming programs for connection. About 43% of the sample said they live alone, and only half

reported they have the social support they want and need. Respondents are interested in many types of programs for connection and socialization ranging from group meals to crafting to more vigorous outdoor activities.

While it’s clear that the at risk and vulnerable respondents to the survey need resources, the fact that the majority of older LGBTQI adults in this sample report doing well does not mean they don’t have important needs for services. Even those who are doing very well simultaneously experience the complex challenges of aging and are doing so within an overall societal context wherein LGBTQI people are still at risk of stigma, discrimination, and threats of erasure. These societal challenges only strengthen the importance of programs specific to older LGBTQI adults that are affirming of both identity and wellbeing during aging.

Results of the Aging Successfully survey suggest that organizations, separately and in collaboration, consider serving older LGBTQI adults with programs and services along two pathways. One path might aim at those who desire safe and affirming social programs and connections to benefit their wellbeing and resilience during later life. The other path would aim at those more vulnerable older LGBTQI adults who might benefit from targeted case-finding, outreach, and assisted referrals to organizations equipped to respond to unmet basic needs such as housing, food, and medical care.

COMING EVENTS:

Senior Pride Holiday Party

Sunday, December 12 • 2:00 to 4:00pm

Cornerstone Fellowship Hall
(2902 N. Geronimo – near First & Glenn)

Refreshments, Engaging Program

Lots of time to chat with friends and meet new people!

Festive, fun, and engaging - that's the plan. A few presenters will lead us in a discussion about **OUR JOURNEYS** - past and present*.

Dig into the old photo box and bring along a pic or two from the past. Board Chair Bruce Hyland will be sharing one of him at age 5 standing beside a “doll” cake he begged for, much to his father’s chagrin.

* **The Paths We Took: Elders Look Back at their Journeys.**

*Storytellers: Josefina Ahumada,
Lee Bentley, Sue Pennington,
Penelope Starr, and Carlos Valenzuela,
with Bruce Hyland, moderator.*



*Here's Connie circa 1948
(Her dog liked Santa more
than she did!)*

Register at <https://soazseniorpride.org>



Senior Pride Connects Our Community -- Your Donations Keep Us Strong!

Senior Pride's cultural events, support groups, Community Cares Program, workshops, website with local resources, Facebook page, YouTube channel and weekly news updates provide a hub for our community.

This work is made possible by supporters like you. Please donate today.

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With Southern Arizona AIDS Foundation (SAAF) serving as Southern Arizona Senior Pride's fiscal sponsor, all donations to our organization are tax-deductible to the full extent of the law.

Community Profile: SANDRA NATHAN

By BRUCE HYLAND

After her morning ritual of contemplation, meditation, and running, Sandra Nathan is “ready to go.” *Really*...ready to go. She’s a whirlwind of action. She’s not thinking of retiring because “I’m still having fun and making an impact.” She comes from parents who showed her the way. Both were racial and social justice activists. The family mantra is: “From those who much is given, much is expected.”



I’m so proud of Senior Pride and the almost-single-handed advocacy for senior LGBTQ+ folks. Keep on keepin’ on!”

Sandra’s best friend describes her as a quiet mover and shaker throughout her entire life. Professionally, she has held executive leadership positions with Humanity United, Astraea Lesbian Foundation for Justice, Community Foundation for Southern Arizona, AIDS Emergency Fund/Breast Cancer Emergency Fund, Richmond Children’s Foundation, City and County of San Francisco and AARP. She is deeply rooted in philanthropy which she reminds us is based on the love of humanity.

One of her proudest accomplishments was when she was Senior Vice President of Economic Security with the National Council on Aging. [Reporters note: She was quite modest when telling me this and gave lots of credit to other people.] She led strategic initiatives to improve the lives of economically vulnerable low-income adults. Her work significantly influenced the Older Americans Act and the Senior Economic Security Initiative. She whispers, “That work now influences 39 million older adults.”
Thanks, Sandra.

It’s hard to imagine her having much time for herself, but she enjoys cooking and the accompanying good wine; reading; and is learning to play the cello again. She played as a child, so her love of stringed instruments is coming full circle.

Her message to Senior Pride: I’m so proud of Senior Pride and the almost-single-handed advocacy for senior LGBTQ+ folks. Keep on keepin’ on!

COMMUNITY CARES PROGRAM:

Are you or is someone you know isolated from the LGBTQI+ community?

Trained volunteers offer regular visits, in person or on the telephone, to help end isolation for older LGBTQI+ adults and those with disabilities.

Contact us at community@soazseniorpride.org or 520-351-2724 for more info.

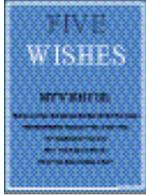


COMING EVENTS

For more information, registration and Zoom links visit www.SoAzSeniorPride.org

HONORING A LIFE: ADVANCE MEDICAL CARE PLANNING

Zoom workshops give LGBTQI+ older adults the opportunity to explore planning for medical care in the event of an unexpected medical need. We cover all the necessary directive documents as well as other considerations to make sure your health care wishes are recorded and your identity as a LGBTQI+ person is protected in those situations. **Erin Russ and Bruce Hyland** facilitate these workshops and offer optional "Meet and Complete" sessions for those wanting extra help beyond the workshop plus One-On-One coaching by special request.



Next Workshop dates

Dec 7, 2021 • 10:00am - Noon;
Register by Nov 29, 2021

Jan 22, 2022 • 10:00am - Noon;
Register by Jan 13, 2022

For more information or to schedule a workshop or One-On-One, contact

Erin: eol@soazseniorpride.org
or (520) 312-8923.

Register & receive Zoom link at <https://soazseniorpride.org>

SENIOR PRIDE BOOK CLUB

November Selection: *Looking for Lorraine: The Radiant and Radical Life of Lorraine Hansberry* by Imani Perry

Most of us are familiar with the play "A Raisin in the Sun," which ran on Broadway when Lorraine Hansberry was only 29. For most, our knowledge about her has pretty much ended with that, perhaps because she died quite young at 34 of pancreatic cancer. Princeton professor Imani Perry

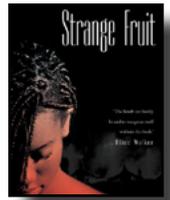


provides a more expansive portrait of Hansberry in her book published in 2018. "She's much more than that play," Perry declares. "She was a feminist before the feminist movement. She identified as a lesbian and thought about LGBT organizing before there was a gay rights movement."

Wednesday, November 17, 2021
2-3:30 p.m.

December Book Selection: *Strange Fruit* by Lillian Smith

Lillian Smith was one of the first white southern authors to denounce white supremacy, advocating for racial and gender equality. This earned her the label of "traitor" by some of her fellow southerners. Addressing the taboo and then-illegal notion of inter-racial marriage, *Strange Fruit* was banned in several major cities, and at one point was forbidden to be delivered by U.S. mail. Published in 1944, the book had the same title as a Billie Holiday song released in 1939 that Holiday claimed was about lynching, but Smith claims the novel's subject was much broader. In 1945 Smith adapted it into a play.



Wednesday, December 15,
2021 2-3:30 p.m.

SENIOR PRIDE HOSTED AA MEETING (on Zoom)

Every Monday, 7-8 pm. An open 12x12 Step meeting for LGBTQI+ older adults.

Contact aaRIGHT@gmail.com

"An elder is a person who is still growing, still a learner, still with potential and whose life continues to have within it promise for, and connection to, the future. An elder is still in pursuit of happiness, joy and pleasure, and her or his birthright to these remains intact. Moreover, an elder is a person who deserves respect and honor and whose work it is to synthesize wisdom from long life experience and formulate this into a legacy for future generations."

From Barry Barkan, Director of Live Oak Institute in Berkeley, CA