



**SOUTHERN
ARIZONA
SENIOR
PRIDE**

SENIOR
LGBTQI+ Elder Voice
FORUM

**PRIDE IS AGELESS.
CELEBRATE!
EL ORGULLO NO TIENE
EDAD. ¡CELEBRA!
MARCH – APRIL 2024
Volume 20 • Issue Two**

Celebrating, Supporting, and Uniting LGBTQI+ Older Adults

Remarks from the Executive Director

A Bold Vision - Past, Present, and Future

by Mary O'Donoghue

This year marks the 20th anniversary of Senior Pride, founded in 2004 initially as a program of Wingspan, Tucson's LGBTQ+ Community Center. When Wingspan closed in 2014, a dedicated group of volunteers continued the mission with a bold vision. They knew there was a gap in the community for services and resources supporting older LGBTQI+ adults, and so they re-invented Senior Pride from the grassroots.

Here we are in 2024, reflecting on our past and looking to our future. The next several issues of Senior Forum will include stories from the first two decades of Senior Pride — we look back at the building blocks that laid the foundation for the organization which currently serves as a community center without walls for a growing and intergenerational LGBTQI+ fellowship of older adults.

As in the founding years, we know there is much work to do! We seek to expand current programs, develop new initiatives to support the growing interests and needs of older LGBTQI+ adults, aged 55+, in Southern Arizona, and to remain visible and engaged as steadfast advocates. Senior Pride's past and future embodies a bold vision to meet the needs of our community in the times we live.



Mary O'Donoghue



Senior Pride Members at the Holiday Celebration 2023

On Saturday, December 16th, the Senior Pride community gathered at St. Francis in the Foothills to celebrate, support and unite LGBTQI+ individuals across Southern Arizona.



Southern Arizona SENIOR PRIDE

Celebrating, Supporting, and Uniting LGBTQI+ Older Adults

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Tucson, AZ 85716

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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

UPCOMING EVENTS:

Tour of the **Mission Gardens:**

Saturday, March 9, 2024, 10:00 – 1:30 pm

Location: 946 W Mission Lane

Register Here:

<https://soazseniorpride.org/event/mission-garden-tour/>

Connect with Your Inner Artist:

Drawing Workshop

(co-sponsored by Senior Pride and the Tucson Museum of Contemporary Art - MOCA)

Wednesdays, March 6th, 13th, 20th, 27th, 1–2:30 pm

Location: MOCA, 265 S Church Ave

Instructor: Paula Gottlieb <https://www.paulagottlieb.com/>

Join the Wait List Here:

<https://soazseniorpride.org/event/drawing-workshop/>



Tour of the **African American Museum of Southern AZ:**

Saturday, April 13, 10:30—11:30 am

The museum is on the campus of the University of Arizona in the Student Union, Room 224, 1303 E University Blvd. Park in the 2nd Street garage.

Please refer to the map on the museum's website:

<https://www.aamsaz.org/museum-map-guide/>

Register Here: <https://soazseniorpride.org/event/african-american-tour/>

Storytelling Workshop and Storytelling Event, 20/20 Vision: Looking Back and Looking Ahead:

Thursdays, April 4th, 11th, 18th, 25th, 1–3:30 pm

Instructor: Penelope Starr <https://www.penelopestarr.com/about/>

Register: <https://soazseniorpride.org/event/storytelling-workshop/>

In Honor of **Josefina Ahumada**

Maria Josefina Ahumada died on January 24, 2024, at Peppi's House

She was 77 years old.



She was beloved for her knowledge, experience, wisdom, community organizing, care and passion for justice. She was a strong advocate for LGBTQI+ rights. She was an advocate and activist in the mental health and social work fields in Tucson since the late 70s. Her 20 years of teaching and mentoring

at the Arizona State University of Social Work leaves a profound legacy for her students, co-workers, and colleagues. She served on Senior Pride's Board, coordinated programs, wrote articles, and was an incredible member of this community.

She not only had a profound impact on the Southern Arizona community, but she also helped further marriage equality in the state and nationwide. She will be deeply missed.

To honor Josefina, please make donations to either Southside Worker Center with checks payable to Southside Presbyterian Church

(Southside Worker Center on memo line) or

Papago United Presbyterian Church, P.O. Box 158, Sells, AZ 85634.

COMMUNITY PROFILE: PAT WOELKE BY PENELOPE STARR

Pat Woelke said her job as Senior Program Coordinator was “one of my favorite work environments ever.” She was the first person to hold that position in 2005. Pat got her B.A. in Sociology with a minor in Gerontology from the University of Arizona, knowing that she wanted to work with older people, so when she began at Wingspan, she knew she was in the right place at the right time.



Pat & Lu

Pat and her group of volunteers created many innovative opportunities for the senior community. Wingspan had established an LGBT-friendly service directory and referral base, and Pat was able to research and contribute resources for elders to that database.

An informal committee of volunteers helped set priorities and initiate projects. The group was casually democratic. Whoever was interested would organize a group to help and get the job done. When Senior Pride volunteers decided to do a service project, they looked for one that would contribute to a clean environment in the neighborhood and encourage people to be active. Pat said, “One thing about older people - they are very practical,” so they chose cleaning up Iron Horse Park once a week as their project through the Tucson Clean and Beautiful Adopt a Park program.

Monthly social events branched out into potlucks and dances. Everyone came because it

was a small, intimate group that enjoyed each other’s company. To her surprise, the group gradually grew until Pat counted almost 50 people at a party. “I was just so delighted to find so many people who were also delighted by being social. That’s really a touchstone with people meeting each other and learning about each other’s experiences. We, as elders, have had such diverse experiences. Think about the difference between someone coming of age after World War II vs. someone coming of age in the 70s.”

Pat believes that the community stays healthy by maintaining relationships and strong connections.

Pat especially loved hearing people’s stories. She said, “It felt like living in history.” She is hopeful for the future and proud of how Senior Pride transformed with the times and continues to this day. “It is a great addition to the Tucson community.”

A few years ago Pat and her partner Lu moved to Las Cruces, New Mexico but she still visits Tucson on a regular basis to visit her two grandchildren.



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:
SBahnsen@pcoa.org

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

WE ALL NEED ADVANCE MEDICAL CARE PLANNING!

HONORING A LIFE:
ADVANCE MEDICAL CARE PLANNING
WORKSHOPS

If you haven't yet attended one of our workshops for LGBTQI+ older adults to properly plan for medical care and end of life needs, you really should before you need it! Easy-to-complete living wills, powers of attorney and other important documents are covered, as well as other ways to ensure your health care wishes are recorded and your identity as a LGBTQI+ individual is protected.

Honoring a Life Workshop

(in person with Zoom option)

Wednesday, March 20, 9:30am – 11:30 am

Tuesday, April 16, 11-4pm Death and Taxes
EOL Resource Fair

The in-person Tucson location will be provided to registrants along with workshop materials a week before the workshop, with Zoom option available upon request. To ensure enough materials, all attendees need to register online via link in upcoming Friday eNews or by clicking the date above.

For more information, or to schedule a follow-up "Meet and Complete" session or one-on-one coaching, please email eol@soazseniorpride.org or call (520) 312-8923.

SENIOR PRIDE BOOK CLUB – <https://soazseniorpride.org> for more information and registration. Or email: info@soazseniorpride.org

Seven Moons of Maali Almeida

By Shehan Karunatilaka

Wednesday, March 20, 2024 2 - 3:30 pm.

Set in Sri Lanka in the 1980s, *The Seven Moons of Maali Almeida* is a novel by Sri Lankan Shehan Karunatilaka. It won the Booker Prize in 2022. The title character is a dead (!) photographer who sets out to solve the mystery of his own death and is given one week ("seven moons") during which he can travel between the afterlife and the real world to try to do so.



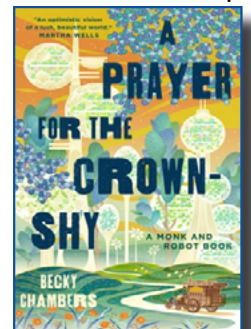
The Seven Moons of Maali Almeida was characterized by Charlie Connelly in *The New European* as "part ghost story, part whodunit, part political satire ... a wonderful book about Sri Lanka, friendship, grief and the afterlife."

A Prayer for the Crown-Shy: A Monk and Robot Book, Book 2

By Becky Chambers

Wednesday, April 17 2024 2:00 - 3:30 p.m.

In this second installment Becky Chambers continues the adventures of Monk and Robot, a not so odd couple who solidified their kinship in the first volume *A Psalm for the Wild Built*. Now they search on their home moon, Panga, for answers to some weighty questions. *Publishers Weekly* calls it "quiet and contemplative, empathic and warmhearted ... this masterful sequel builds on the themes of the first volume to posit a more sustainable, more caring way of life. It's both truly comforting and endlessly thought-provoking." And *Booklist* continues, "[A] hopeful glimpse at what our future might look like." Note: You don't need to have read the first book (*A Psalm for the Wild Built*), although it is a brief and entertaining read.



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 e-news updates provide a hub for our community.

Our success is made possible by supporters like you. Please donate today.

By Check: Make checks payable to Senior Pride or So.AZ Senior Pride
Mail to: 1632 N Country Club Rd,
Tucson, AZ 85716

Online: Go to our website
<https://soazseniorpride.org>
Click on "DONATE"

All donations to Senior Pride are tax deductible to the full extent of the law. Please note: We no longer qualify for the Arizona Charitable Tax Credit.