



SENIOR

Wingspan's Elder Voice

FORUM

Volume 5 Issue 2
February 2009

Funding by Arizona Governor's
Office for Children, Youth and
Families Division for Women

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

PENELOPE'S TWO CENTS:

We have much to celebrate with a new president and new priorities in Congress but there are still going to be hard times ahead. Funding for all non-profits is shrinking because of the state of the economy and these cuts are, unfortunately, affecting Wingspan too. My job as Senior Programs Coordinator has been cut back from 30 hours to 24. And this provides a big opportunity.



Huh? How can a cut back turn into something positive. Well, it's an opportunity for you as a Senior Prider or Rainbow Trainer to step forward help out. Have you been meaning to volunteer but just didn't get around to it. Now's your chance. If you have some good ideas about educational forums we can present and want to coordinate one, we want to hear from you. If you've been thinking about ways to promote Rainbow Train but haven't done anything about it, what a perfect time to begin that project. If you have computer skills and want to help set up or maintain the Senior Pride data base, do it now. There are lots of possibilities!

Come to the Senior Pride planning meeting on Tuesday, Feb 10 at 2 p.m. and help plan the future of the Senior Programs at Wingspan. My office hours are Tuesday, Wednesday and Thursday from 10 a.m. to 4 p.m. with occasional special events. Call or email me and I'll be happy

to talk with you about where your skills and interests might fit in. ~Penelope

As always, you can contact Penelope at 624-1779 x122, pstarr@wingspan.org, for more information about Senior Pride activities and events.

Coffee Talk with Senior Pride

Meet old friends and make new ones in this friendly neighborhood café. We're meeting at the Café Passe, 415 N. 4th Ave at 11 a.m. on Tuesday, Nov 18. Everyone welcome.

Brain Aerobics

TMC HealthLiving Connections offers lots of free seminars and classes at the TMC Senior Services location at 1400 N. Wilmot Road. This one, on Monday, Feb 23 from 10:30 to 11:30, looks particularly interesting – Brain Aerobics: Just as physical exercise helps improve health, brain exercise can help your mental abilities. Through a series of "brain aerobics" activities, classes will introduce memory strategies and exercises to help keep our minds in shape.

A few other programs on their calendar for February are Wise Older Women: Maintaining Mental Health in Stressful Times; Pet Loss Support Group; Healthy Ageing and Sexuality Conference; Elder Law: Trusts, What you Need to Know; Grieving is Healing and more! Call 324-1960 for more information and to get on their mailing list.

Colorful Life Series

We are excited to present the colorful true life story of **Maurice Grossman** - Artist, teacher, father, lover, award winner, world traveler, activist, Maurice will share moments of the journey he calls life, some smooth places and a few bumps. At 81, he's still gaily bouncing around. Come and enjoy his story!

Seniors, Juniors, Allies --- Everyone welcome on **Sunday, Feb 22, 2 to 4 p.m.** at the Ward 6 offices, 3202 E. 1st St., (One block south of Speedway, one block east of Country Club).

GREASE benefit for Wingspan

Broadway in Tucson will be holding performances of Grease and proceeds will go to Wingspan for opening night, February 24, when you purchase your tickets through Wingspan. We have 3 packages available with different options available.

- \$175 includes (1) center orchestra ticket to the show, a preshow dinner with Wingspan's Executive Director and Wingspan's Board President, and an exclusive



invitation to the post-show Grease cast party. (14 tickets available)

- \$100 includes (1) ticket to the show and a preshow drink with Wingspan's board of directors (20 tickets available)
- \$60 includes (1) ticket to the show. (26 tickets available)

It's a great deal even at \$60 dollars because you are saving upwards of \$10 dollars on booking fees. To book tickets, contact Michael Herdegen at Wingspan. 520-624-1779 x121.

Support for the LGBT Community

"While we have come a long way since the Stonewall riots in 1969, we still have a lot of work to do. Too often, the issue of LGBT rights is exploited by those seeking to divide us. But at its core, this issue is about who we are as Americans. It's about whether this nation is going to live up to its founding promise of equality by treating all its citizens with dignity and respect." Barack Obama, June 1, 2007

Within minutes of President Obama taking the oath of office the official web site for the White House had an entirely different view of GLBT rights. Take a look, and take a minute to feel proud. (from http://www.whitehouse.gov/agenda/civil_rights) ~Thanks to Dr. Kevin Maxey for this info:

Expand Hate Crimes Statutes: In 2004, crimes against LGBT Americans constituted the third-highest category of hate crime reported and made up more than 15 percent of such crimes. President Obama cosponsored legislation that would expand federal jurisdiction to include violent hate crimes perpetrated because of race, color, religion, national origin, sexual orientation, gender identity, or physical disability. As a state senator, President Obama passed tough legislation that made hate crimes and conspiracy

to commit them against the law.

Fight Workplace Discrimination: President Obama supports the Employment Non-Discrimination Act, and believes that our anti-discrimination employment laws should be expanded to include sexual orientation and gender identity. While an increasing number of employers have extended benefits to their employees' domestic partners, discrimination based on sexual orientation in the workplace occurs with no federal legal remedy. The President also sponsored legislation in the Illinois State Senate that would ban employment discrimination on the basis of sexual orientation.

Support Full Civil Unions and Federal Rights for LGBT Couples: President Obama supports full civil unions that give same-sex couples legal rights and privileges equal to those of married couples. Obama also believes we need to repeal the Defense of Marriage Act and enact legislation that would ensure that the 1,100+ federal legal rights and benefits currently provided on the basis of marital status are extended to same-sex couples in civil unions and other legally-recognized unions. These rights and benefits include the right to assist a loved one in times of emergency, the right to equal health insurance and other employment benefits, and property rights.

continued p.3

from page 2 **Support for the LGBT Community**

Oppose a Constitutional Ban on Same-Sex Marriage: President Obama voted against the Federal Marriage Amendment in 2006 which would have defined marriage as between a man and a woman and prevented judicial extension of marriage-like rights to same-sex or other unmarried couples.

Repeal Don't Ask-Don't Tell: President Obama agrees with former Chairman of the Joint Chiefs of Staff John Shalikashvili and other military experts that we need to repeal the "don't ask, don't tell" policy. The key test for military service should be patriotism, a sense of duty, and a willingness to serve. Discrimination should be prohibited. The U.S. government has spent millions of dollars replacing troops kicked out of the military because of their sexual orientation. Additionally, more than 300 language experts have been fired under this policy, including more than 50 who are fluent in Arabic. The President will work with military leaders to repeal the current policy and ensure it helps accomplish our national defense goals.

Expand Adoption Rights: President Obama believes that we must ensure adoption rights for all couples and individuals, regardless of their sexual orientation. He thinks that a child will benefit from a healthy and loving home, whether the parents are gay or not.

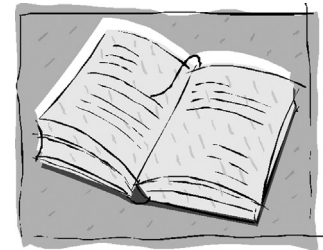
Promote AIDS Prevention: In the first year of

his presidency, President Obama will develop and begin to implement a comprehensive national HIV/AIDS strategy that includes all federal agencies. The strategy will be designed to reduce HIV infections, increase access to care and reduce HIV-related health disparities. The President will support common sense approaches including age-appropriate sex education that includes information about contraception, combating infection within our prison population through education and contraception, and distributing contraceptives through our public health system. The President also supports lifting the federal ban on needle exchange, which could dramatically reduce rates of infection among drug users. President Obama has also been willing to confront the stigma -- too often tied to homophobia -- that continues to surround HIV/AIDS.

Empower Women to Prevent HIV/AIDS: In the United States, the percentage of women diagnosed with AIDS has quadrupled over the last 20 years. Today, women account for more than one quarter of all new HIV/AIDS diagnoses. President Obama introduced the Microbicide Development Act, which will accelerate the development of products that empower women in the battle against AIDS. Microbicides are a class of products currently under development that women apply topically to prevent transmission of HIV and other infections.

Remembering What Should Not Be Forgotten: A Creative Remembrance Workshop

Capture and preserve important moments in the life of someone you've loved by creating an artistic reminder to treasure and share. Mixed media artist and retired hospice caregiver Kaitlin Meadows will help participants use creative techniques for weaving their personal photographs, letters, and memories into a **Legacy Book**.



The workshop will offer fun techniques and innovative memory prompts to make the process easier. Participants will be provided many materials, including distinctive papers, colored pens, glues, and embellishments. A simple accordion book will be supplied or participants may bring their own book, card, or album to alter or embellish.

Participants are urged to bring copies of personal photographs, letters, poems, clippings, collage materials, and other personal items they'd like to integrate into their work. \$7 materials fee. Sign up today ~~Limited reservations available. **Valentines Day, Saturday, February 14, 10 a.m. to 2 p.m.** at Wingspan. Call Penelope for reservations 624-1779 x 122.

Museuming with Maurice

Meet in the lobby of the **Center for Creative Photography**, on **Sunday, Feb 8, at 1 p.m.** The Center for Creative Photography is located in the Fine Arts complex in the northwest corner of the University of Arizona campus, near Speedway and Park. Park on the street or convenient pay parking is available at the Park Avenue Garage on the northeast corner of Park and Speedway, with direct access to the Center's front door via a pedestrian underpass. The Center is near several Sun Tran bus routes. FREE & Everyone welcome

This is the last day for the striking show: *Oh l'amour: Contemporary Photography from the Stéphane Janssen Collection*. Love — l'amour — is one of art's enduring themes. From classical antiquity to contemporary America, this profound idea, both abstract and physical, has inspired collectors as well as creators. Stéphane Janssen, Belgian by birth and resident in Arizona, is one such collector.

Then we'll wander across the street to the **University Art Museum** to see *Ritual Beauty: Art of the Ancient Americas*. Featuring approximately 170 extraordinary objects of pre-Columbian origin, the show includes ancient vessels, effigy jars, textiles and adornments, clay figures, stone sculptures, and implements fashioned from copper, silver and gold -- all offering a window on the aesthetic worlds of Mesoamerica and the Andean region prior to European contact.

Wingspan Seniors Care

If you'd like to volunteer on the steering committee, we can still use some help. The next meeting is on **Wednesday, Nov 19, from 2 to 3:30** at Wingspan.

Volunteer orientation

Volunteers are the lifeblood of Wingspan! We need YOU! The first step to joining our volunteer team is to attend a general orientation. These orientations last about an hour and are offered once a month at Wingspan. The next 2 coming up are on Saturday Feb 28th at 1 p.m. & Thursday, March 26 at 6 p.m. If you want to volunteer please contact Geovanna, gdelaree@wingspan.org or 624-1779 ext. 119.

Front Porch Music

Our free music events continue in the Wingspan garage (now known as the Heakin Room). This month we're featuring Amber Norgaard and Sabra Faulk on Friday, Feb 13 at 7p.m.

Gender and Judaism

The LGBT Jewish Inclusion Project will sponsor Rabbi Elliot Rose Kukla as scholar in residence. This free lecture will be held at Temple-Emanu-El 225 N. Country Club on Sunday February 15 at 6 p.m. The class, "Gender and Judaism", is open to all and is designed to be an introduction for those with limited Jewish knowledge.

In Jewish sacred texts there are at least six different genders. In this session we will explore these texts and ask, what are the spiritual implications of expanding our understandings of sex and gender in Judaism? What are the libratory theological implications of these texts for people of all genders? Call Jenny Schultz, LGBTinfo@jfsa.org, for more info.

Tax help from AARP volunteers

From February 1 through April 15th each year, the AARP Tax-Aide program offers free one-on-one counseling, as well as assistance on the telephone and internet to help individuals prepare basic tax forms, including the 1040, 1040A, 1040EZ and other standard schedules. Some locations have electronic filing so your return will come to you quickly.

The closest location to Wingspan is the Armory Park Senior Center at 220 S 5th Avenue, 575-9572. They are open on Tuesday and Wednesdays from 9 to noon starting on Feb 1 until April 14. It's on a first come first serve basis. Other locations can be found on their website. For more info contact Daniel 861-6900.

Boomers to Elders (B2E)

Boomers to Elders met in January with a small vocal group talking about their lives and their health concerns as yours truly was recovering from shoulder replacement surgery and others had various body ailments that needed to be heard and responded to.

All older LGBT folks are welcome to come and

continued on page 5

from page 4 **Boomers to Elders (B2E)**

share their feelings, thoughts & idea about this aging process we are experiencing. We can help one another get tough it. We can learn from each other. We can cope and plan so much better together than alone. Welcome! B2E meets the first Saturday of the month; the next meeting is on Feb 7 from 2 to 4 p.m. Gathering, Listening, Being there, Together, for each other.

~thanks to Alta Fly for this article

Law Protecting Retirement Savings for Gay Couples

On Dec 23 President Bush signed into law the Worker, Retiree and Employer Recovery Act of 2008 (WRERA). This act requires employers to allow employees to roll their retirement plans over to unmarried partners. Before now, a similar provision of an earlier act was optional. Employers will be required to make this rollover available on January 1, 2010.

~ From

<http://www.boxturtlebulletin.com/2008/12/26/7662>

FEBRUARY EVENTS

All events with our logo take place at Wingspan, 425 E. 7th Street. Check the rest of the newsletter for more details on these calendar events.



Saturday, Feb 7, 2 - 4 p.m.
Boomers to Elders



Tuesday, Feb 3 & 17, 10 a.m.
Adopt A Park, Iron Horse Park cleanup



Join us the first and third Monday of each month to help take care of Iron Horse Park, our adopted park. We gather at the park on 10th Street between 1st and 3rd Avenues. It usually takes about an hour to an

hour and a half. Bring your gloves, hat, sunscreen and closed-toed shoes and grabbers (if you have some) and join in the fun. Tucson Clean and Beautiful supplies grabbers and bags. Sponsored by Senior Pride but everyone -- of all ages -- is welcome to join us!

Sunday Feb 8, 1 p.m.
Museuming with Maurice
Center for Creative Photography



Saturday, Feb 14,
10 a.m. to 2 p.m.
Legacy Books Workshop
with Kaitlin Meadows



Sunday, Feb 22, 2 - 4 p.m.
A Colorful Life Series featuring Maurice Grossman
Ward 6

Tuesday, Feb 10 (second Tuesday),
2 - 3:30 p.m.

Senior Pride planning meeting
Join us to plan future social and educational activities for LGBT seniors and their allies.



Tuesday, Feb 17, 11 a.m.
Coffee Tawk
Café Passe, 415 N. 4th Ave



Monday, Feb 23 from 10:30 to 11:30
Brain Aerobics
TMC Senior Services, 1400 E. Wilmot

Monday, Feb 23 , 2 to 3:30
Wingspan Seniors Care steering committee meeting



Tuesday, Feb 24
GREASE benefit

Saturday Feb 28 at 1 p.m.
Volunteer Orientation



FUTURE EVENTS

Tuesday, Mar 10 (second Tuesday),
2 - 3:30 p.m.
Senior Pride planning meeting



Volunteer Orientation
Thursday, March 26 at 6 p.m.



Wingspan's Senior Pride & OASIS Connections present

FREE Microsoft WORD Computer Classes for Seniors



**Saturdays, Feb 7, 14, 21, 28
10 a.m to noon**

If you have always wanted to know more about the Microsoft Word program, this is the perfect class for you. You'll learn from the proven OASIS model in the company of other LGBT seniors in Wingspan's computer lab. Classes are being taught by the talented and knowledgeable Wingspan volunteer, Rick.

Introduction to Microsoft Word - 4 two-hour sessions

Learn skills that are used in all word processing programs, such as creating, saving and retrieving documents, inserting and deleting text, formatting text, using MS Word menus and using cut, copy and paste. You should have some experience with the computer and using the Windows operating system. There will be a materials fee of \$7 for special OASIS manual.



at



We only have 6 computers available so contact Penelope Starr, 624-1779, x122 or pstarr@wingspan.org to reserve your space now!

**Enjoy learning new skills and have fun in the
comfort of Wingspan's Cybercenter**



OASIS Connections is supported by
a grant from the AT&T Foundation

Enriching the lives of mature adults





425 E. 7th Street
Tucson, AZ 85705

Nonprofit Org.
U.S. Postage
PAID
Tucson,
Arizona
Permit No. 769

Everyone is ignorant, it's just on different subjects.

~Will Rogers

A good friend can tell you what is the matter with you in a minute. He may not seem such a good friend after telling.

~Arthur Brisbane

I don't have hobbies; hobbies cost money. Interests are quite free.

~George Carlin

Nobody sees a flower - really - it is so small it takes time - we haven't time - and to see takes time, like to have a friend takes time.

~Georgia O'Keeffe