



SENIOR FORUM

Wingspan's Elder Voice

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Families Division for Women

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

PENELOPE'S TWO CENTS:

Changes

You might have already heard, we've had two more layoffs at Wingspan due to the economic crisis that's devastating our economy. We are functioning in a climate of uncertainty about the renewal of grant funding sources that make up more than half of our current budget and we continue to experience lower levels of general fundraising support. The board is struggling with adopting a rational budget that will keep the community center open, even if in a diminished form.



What does that mean for the Senior Programs? The harsh truth is that there are currently no funds available to continue the program past July 1. Always the optimist, I am visualizing a miracle; a bundle of money falling from the sky; a surprise bequest; secret gift, something, anything. But that's probably not going to happen. Oh, eventually, things will change and the economy will recover and we'll once again ride the upswing. But, before that happens, things are going to change. What that change looks like is up to you.

Wingspan was founded as a volunteer run organization and we're asking folks to step up again and keep the heart of the Senior Program alive and well. I'm thrilled to have Janet LaDolce on board as the WSC coordinator (see article). There are other areas that need the same infusion of energy.

1. Rainbow Train Coordinator: One of the most important programs, the one that started Senior Pride, is our community education and outreach program bringing cultural competency to health care and social service organizations that serve seniors. The program needs a strong volunteer leader to thrive.

2. Social and Education Coordinator: Isolation = fear, self-hatred, identity confusion, loneliness, and shame. This volunteer will schedule and facilitating the crucial functions of Senior Pride that are so important to our community.

3. Senior Forum Coordinator: The volunteer will organize the writing, editing, publishing and distribution of this monthly newsletter.

Please Step Up and Volunteer !

Contact me for more information about these volunteer opportunities!

Come to the Senior Pride planning meetings! Think about the need for LGBT senior programming and how you can contribute.

Besides providing a necessary and sometimes life saving / live changing service, it's fun and rewarding!



"Kings and cabbages go back to compost, but good deeds stay green forever".

~ Rick de Marinis

Finding Penelope

By the time you receive this copy of the Senior Forum, I'll already have had foot surgery and will be on the road to recovery. I'm taking a week off but the biggest problem will be that I can't drive for however long I have a cast on my right foot so my mobility will be very limited. So I'll be doing some of my work from home and some from a first floor office at Eon, our youth community center across the street from Wingspan. Leave me a message or send an email and I'll get back to you as soon as I can. Penelope Starr, Senior Programs Coordinator, 624-1779 x122, pstarr@wingspan.org

Introducing Janet LaDolce



Proprietor of Home With Heart, an assisted living home, Janet comes to Wingspan Seniors Care (WSC) with a wealth of prior experience and lots of enthusiasm to take over as the new volunteer **Coordinator**. We're SO HAPPY to welcome her!

Wingspan Seniors Care is a neighborhood and

community volunteer service assisting LGBT seniors and their allies with a variety of tasks so they can continue to live independently. If you would like to **volunteer or if you need assistance**, call 520-909-2031. Soon we will have the application forms on the Senior Programs page of the Wingspan website.

WSC steering committee meetings are on the third Wednesday of the month – the next one is on **June 17 at 10:30 a.m.** and everyone is welcome.

Meet Kristi

Hello my name is Kristi Smith. I am the Crisis Services Specialist for Wingspan's Anti-Violence Programs (AVP). A typical day for me at the AVP would be answering the 24 hour crisis line and helping community members find the appropriate referrals and support. As well as answering the crisis line I also meet with any walk-in clients. These clients may be survivors of domestic violence, sexual assault, survivors of discrimination or hate crimes. When I am not working directly with survivors I am working out in the community to let folks know of the services that the AVP provide. The AVP also puts on several events during the year to raise awareness on issues of violence affecting the LGBT community.



Before coming to Wingspan, I have had the opportunity to work for different non-profit organizations including The Brewster Center Domestic Violence Services. I feel that my knowledge of the dynamics of domestic violence will help me in my position as Crisis Services Specialist. I also have experience

working with youth from my positions at Casa de Los Niños and Healthy Families Az. I am really excited to be here at Wingspan and to be working toward Wingspan's mission.

The Wingspan 24 Crisis Line is 800-553-9387.

Meet Gary

I have been doing the layout for the Senior Forum since Dec. 2005 when we switched to the 8.5" x 11" format. I have always enjoyed art and when it was time for college, art was my choice as a major.



Painting and graphic design have been my vocation and life since then. I worked as a special project coordinator for the City of Denver until we started a natural skin care company in Boulder back in the 70s. I lived in Colorado most of my adult life where I continued painting visionary images in oils and studied metaphysics as well as meditation with the goal of combining science and spirituality.

Now I live in the small 'mining' town of Mammoth overlooking the San Pedro River Valley enjoying the peaceful desert surroundings and pursuing painting and Spirit.

Senior Pride Planning Meeting

Participation and feedback are very important components of Senior Pride. This is YOUR program and your input and energy is needed. Come to the Senior Pride planning meetings on the second Tuesday of the month – next meeting **June 9 at 2 p.m.** - and help make Senior Pride strong and responsive to the community's needs!

Are You a Prostate Cancer Survivor?

Researchers at the Boston University School of Public Health want to interview gay and straight men who have been treated for prostate cancer to learn more about their healthcare experiences. If you:

- Are an English-speaking gay or straight man
- Age 50+
- Live in the United States
- Were treated for prostate cancer at least 12 months ago

Then we would love to hear about your experiences! All interviews will last approximately 60-90 minutes and are 100% anonymous and confidential. The results from this research study will be used to help educate prostate cancer patients and healthcare providers in the future. Your participation is voluntary. You can refuse to answer any question or stop the interview at any time.

If you would like to participate or obtain more information about this research study, please contact Don Allensworth-Davies at 617-638-5816.

“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

~Anne Frank

Making End-of-Life Decisions

Advance Directives are legal documents to assist you in making health care decisions in advance. The purpose is to let others know about and honor your wishes regarding end of life choices. Advance Directives include living wills, medical powers of attorney, and pre-hospital medical directives.

A free booklet and legal forms are available by calling (520) 324-1960 or stopping by TMC Senior Services, 1400 N. Wilmot, Tucson. TMC staff can schedule an educational session to help you think through the options, make the necessary decisions and help you fill out the forms.



The Arizona Attorney General's office provides a life-care planning packet based on Arizona laws that individuals can use to set down their Advanced Directives for end-of-life care. Once these forms are completed, they can be registered with the Arizona Secretary of State.

Arizona Attorney General's Life Care Planning Packet forms including medical & financial forms based on Arizona statutes

Long-Term Care Ombudsman Program

The Long Term Care Ombudsman Program, one of many Pima Council of Ageing programs, provides assistance to and advocacy for residents of long term care & assisted living facilities in understanding and maintaining their human and civil rights, and ensuring quality of life and quality of care. A part of the Arizona State and National Long-term Care Ombudsman Programs. For more information call PCOA HELPLINE 520-790-7262 or e-mail: ltco@pcoa.org

There's Still Time

The Health Advisory Council at Wingspan is compiling a “consumer report” of health care services in Southern Arizona. A confidential survey is posted on the Wingspan website, (see Health Care Consumer button on right hand side). The Advisory Council needs feedback from the LGBTQ community about their experiences with health care practices and providers in Southern Arizona. They want to identify practices and providers who are welcoming and friendly to our community. Please take 5 minutes to go on line to access and complete the survey.

If you don't have access to a computer, schedule an appointment with Penelope and she'll help you through it on a Wingspan cybercenter computer.

**Health Care
Consumer
Survey**



Coffee Tawk

Meet old friends and make new ones in this friendly neighborhood eatery, Café Passe, 415 N. 4th Ave at 11 a.m. on Tuesday, June 16. Whether you are in the closet or out, new to your identity or have all ways known, it takes all of us to build community. Everyone welcome.



intellectually active or can function for themselves within a given social setting. This view applies even for those living with chronic illness.

Optimizing physical health is a good first step on the road to healthy ageing, one that will help you remain independent for as long as possible. Equally as important is being engaged in life and keeping an active mind. Perhaps you have already adopted some or all of the following habits for healthy ageing:

- Eat a balanced, nutritious diet.
- Keep physically active.
- Don't smoke.
- Practice fall prevention.
- Consult your nurse or physician for regular monitoring and regarding any health concerns you may have.

- Challenge your mind daily.
- Maintain a meaningful social network.

~this info gathered from the International Council of Nurses Informed Patient Project

Healthy Ageing

We all know that ageing is a fact of life. Not as well known, perhaps, is that the number of older adults worldwide is increasing rapidly. Each month nearly one million people turn 60 years of age. In fact, by the middle of this century there will be more older than younger people in the world, a first. Women make up the majority of the oldest old and elderly widowed, outliving men in almost every country.

A variety of factors have contributed to the growing population of older people. Generally, a rapid decline in fertility has been coupled with increased life expectancy, in part the result of advanced technology, medications, better nutrition, and healthier lifestyles. One thing is for certain. A growing population of older adults will place increased demand on a range of health services. No matter what your current age, you probably hope for a healthy old age rather than one marked by illness or disability. But what exactly do we mean by 'healthy'?

Nursing research indicates that older individuals often describe health as a 'state of mind'. When talking about health, for example, they often emphasize psychological attributes, social relationships and attitude toward life, rather than physical state alone. Likewise, many health professionals consider older individuals to be healthy provided they are socially and

"Everybody can be great... because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love." ~Martin Luther King, jr

An Underserved Population

The National Gay and Lesbian Task Force's Aging Initiative estimates that about 3 million Americans over the age of 65 are LGBT, a figure likely to double by 2030. This is only an estimates since social prejudice and institutional discrimination have resulted in LGBT people's fears of being identified. LGBT elders represent a generation that lived through years of fear, self-hatred, identity

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Wingspan Elder Circle

A journey to conscious aging . . . a new group for Senior Pride. Elder Circle is a safe, respectful place where elders gather to discuss ways to move from older to elder, from ageing to sageing. is meeting at Wingspan

Two trained facilitators guide us through the process. The regular monthly meetings are on the 1st Thursday each month; then next one is **June 4, 1:30 to 3 p.m.** Everyone welcome.

confusion, loneliness, isolation, and shame. Protecting oneself from a hostile culture was not just an option—it was a way of life. Invisibility became a common strategy employed to ensure safety. To the extent that invisibility continues today, it remains a barrier to assessing LGBT older adult needs and providing appropriate support and services.

LGBT elders may be economically and physically in need of help as a result of multiple health problems, reduced or severely limited income and savings, and the emotional impact of multiple losses which may include self-esteem, loved ones, mental and physical health, safe and affordable housing, employment, and meaningful social engagement.

To address the needs of LGBT elders, it is insufficient to simply know that homophobia and transphobia exist. To provide appropriate and life-affirming social services, it is vital that providers understand the lives of LGBT elders and the devastating outcomes that result from living in a homophobic and heterosexist society. Sensitivity to these issues is critical to working collaboratively with LGBT elders to address their needs.

Excerpt from Aging Well online magazine <http://www.agingwellmag.com/071708p36.shtml>

*“Kindness in words creates confidence.
Kindness in thinking creates profundity.
Kindness in giving creates love.”*

~ Lao-Tse

“If you have come to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together.”

~ Aboriginal activists group, Queensland, 1970

JUNE 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.



**Every Wednesday (ending June 10)
1:30-3pm**



Introduction to Basic Drawing



**Thursday, June 4 (first Thursday),
1:30 – 3 p.m.**
Elder Circle



**Tuesday, June 9 (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. Everyone welcome!



**Thursday, June 11 (second Thursday),
7 p.m.**

Bi Link general meeting



**Tuesday, June 16 (third Tuesday),
11 a.m.**

Coffee Tawk
Café Passe, 415 N. 4th Ave



**Wednesday, June 17 (third Wednesday)
10:30 a.m.**

Wingspan Seniors Care Steering Committee



“I have seen that in any great undertaking it is not enough for a man to depend simply upon himself.”

~ Lone Man (Isna-la-wica), Teton Sioux

“The best way to find yourself is to lose yourself in the service of others.”

~Mohandas Gandhi



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One generation plants the trees; another gets the shade.

~Chinese proverb

Never doubt that a small, group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.

~Margaret Mead

We don't accomplish anything in this world alone ... and whatever happens is the result of the whole tapestry of one's life and all the weavings of individual threads from one to another that creates something.

~ Sandra Day O'Connor

Community means strength that joins our strength to do the work that needs to be done. Arms to hold us when we falter. A circle of healing. A circle of friends. Someplace where we can be free.

~Starhawk

Colorful Life Series

presents

Dietrich Benjamin

Sunday, May 31, 2 to 4 p.m.

Ward 6 offices, 3202 E. 1st St.

(One block south of Speedway, one block east of Country Club)



Join us for an entertaining menagerie of events that has brought Dolores Dianne Elizabeth D'Amario to a place of self- acceptance. Deitrich will share with us her path that brings her to identify with our Bi community. At fifty- nine Deitrich has done more than survive the hurdles of life and as her brother recalls "their path to the Black Hole of self destruction has not won." They both hold the philosophy of "Bring it on!"

Seniors, Juniors, Allies --- Everyone welcome



Sponsored by Senior Pride

Contact Penelope at 624-1779 x122 or pstarr@Wingspan for more information