



SENIOR Wingspan's Elder Voice FORUM

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

Michael and Rick's 4 bits

No matter how we celebrate Thanksgiving, we can be thankful that even with the downturn in the economy we are still maintaining our GLBT presence in the community. We saw this vividly at the Metropolitan Community Church on Saturday, October 17th when several local talents converged to present a very fine concert as part of our efforts to raise funds for Wingspan. What follows is a summary of that concert written by Merlin Spillers who was the organizer and guiding force behind that evening:



The music concert was a huge success. Although the audience was somewhat small - around 40 people - \$1,000 was raised, all of which went to Wingspan. Proceeds from the concert itself, the raffle and selling goodies came to a grand total of \$945. Since I had said to several people that I hoped to raise \$1,000 for Wingspan, a generous friend pledged to make up the difference from the proceeds so that goal would be reached.

I was pleased in that when I went to places asking for prizes for the raffle, the people with whom I spoke immediately were more than willing to help when they heard that it was a benefit for Wingspan. The gifts were generous, two examples being the Invisible Theatre giving \$100 worth of tickets to their productions and Trader Joe's giving a huge basket of foods worth over \$50. I was honored that State Senator Paula Aboud, who was in the audience, came up and drew the winning tickets.

Since this was successful I am planning to have another such concert, probably in January. I have been told by the heads of

MCC church that they will be happy to host another. If anyone knows of a musician who might like to appear in the next concert, please have that person contact me at 207-5336.

This was an eclectic concert. It began with Dorothea Nobile presenting some operatic arias, followed by Pastor Chewee of MCC singing gospel songs. Then a couple who just recently moved to Tucson, Ceil Melton and Han Nguyen, performed. Ceil sings Patsy Cline songs and Han does American Sign Language to music. She has changed this from just signing into a true art form, and it is quite moving to watch her perform. After intermission, folk singers Elyse Levy and Ted Warmbrand each performed. Ted had the audience singing along with him quite a bit. Since neither of these people are members of the LGBT community, it was an especially good feeling to have them perform in this benefit concert. Last but definitely not least, Pastor Knight from MCC sang two Broadway songs.

The audience seemed to love every performer judging from the response that each one received. It was an evening of good music and good feelings.

-- Merlin Spillers

And, along those same lines, Lee Roden would like to put together an evening of a comedy "revue" put on by members of the LGBT community and friends, as a benefit for Wingspan. Performers could do a variety of things, such as stand-up comedy, skits, songs, and even dance. If anyone is interested in being a part of this, or knows someone who might be, please contact Lee at 207-5336 as soon as possible. This can only happen if there are enough performers to fill an evening. Please note: This is to be a comedy night, rather than a drag show.

A FALLING DOWN STORY

In last month's Forum the last suggestion for preventing falls got scrambled. It should have read: ;after sitting or lying down, get up slowly.

That brought to mind a story that a friend of mine told about her uncle. He had been sitting in a chair reading with his legs crossed and had fallen asleep. Suddenly the phone rang and he immediately stood up to answer it. But not only had HE been sleeping, one of his legs also had gone to sleep, and when he stood up, the leg did not support him. He fell down and broke an arm. The moral of the story - let the voice mail take the call (It's probably a telemarketer anyway!). - Michael T.

Survey

Included in this issue is a copy of the survey from the Pima Council on Aging to identify the most critical local issues affecting older adults, their families and caregivers. Please take the time to complete and mail the survey (or submit online at PCOA.org) before November 13, 2009. Your responses will help guide decisions about future services and programs for seniors in our community.

Thank you!

Dis-N-Dat by m. j.

Recently, we were invited to dinner by neighbors to meet a pair of new owners at our 55+ complex. During the course of our conversation, we learned that TUS has one of the highest suicide rates (3rd) in the country...especially for men 70+! This touched a sore spot in me.....as I have had two friends attempt suicide this year...with one of them succeeding.

I've read that more than 30,000 people in the U.S. die by suicide each year, and that suicide rates increase with age, making this a serious health concern for older adults. With the proportion of the elderly population increasing, the number of suicides will therefore also increase. Studies show most individuals with suicidal thoughts really don't

want to die and will usually try to find ways to signal their intent to those around them. The challenge for us then is to build a "suicide-safer" community.

Having said that, I want to bring to your attention a PCOA Prevention Program call: safeTALK! This is a half-day or full-day training session that prepares anyone (15+) to identify persons with thoughts of suicide and connect them to aid resources. When alerted by "suicidal signals", trained helpers will know how to interpret those signals and take appropriate measures.

The next two safeTALKs will take place at PCOA on 13NOV and 11DEC from 1PM to 4:30PM. Please call 790.0504 to register. Fees are charged on a sliding scale.

All people with thoughts of suicide should be taken seriously! If you or someone you know is at risk...call SAMHC* at 622.6000 immediately!

~~ information taken from PCOA's monthly Never Too Late, PCOA's Imagine...a suicide-safer community brochure and the 06NOV09 Southern AZ Suicide Prevention Seminar flyer. Thanks also to Donna Carender and David Updegraff, Ph.D. for speaking to me.

*Southern AZ Mental Health Clinic.

ARMORY PARK MEDICARE HEALTH FAIR



A free Health Fair is taking place at the Armory Park Senior Center, 220 S. Fifth Avenue Thursday, November 5th, from 9 A.M. to noon. Counselors and representatives from Pima Council on Aging, Social Security Administration, AHCCCS, Medicare Advantage Health Plans and the stand alone Prescription Drug Plans will be available to assist you with any questions or concerns. Representatives from local hospitals, the American Cancer Society, the Alzheimer's Association, the American Diabetes Association, AARP and other service providers for seniors will also be in attendance. Free blood pressure checks will also be provided! No registration necessary!

WINGSPAN SENIORS CARE

Wingspan Seniors Care is a group of volunteers providing assistance to LGBT seniors who need support in order to maintain independence in their home settings. Do you or someone you know:

- Need a ride to a doctor or medical appointments?
- Need caregiver relief, someone to just be there while a caregiver runs errands or takes time out for him or herself?
- Need simple errands done?
- Need a phone call or a friendly visit?

Trained volunteers are ready to help you with these or other services or refer you to services available in the community. Call the Seniors Care coordinator at 909-2031 to get connected to the assistance you need.

6TH ANNUAL TUCSON MEMORY SCREENING DAY

Forget where you left your keys or where you parked your car? That happens to everyone, but it could indicate problems for seniors. The Alzheimer's Research and Prevention Foundation and Our Family Social Services are sponsoring Memory Screening Day on Tuesday, November 17th, from 8 A.M. till noon at the Tucson Jewish Community Center 3800 E. River Rd. at Dodge and the Alvernon Overpass. This is a free event featuring a memory screening, education about Alzheimer's, its diagnosis and prevention and healthy lifestyle sessions. RSVP is recommended at 749-8374 ext. 2.

STAY ON YOUR FEET

St. Elizabeth of Hungary Clinic has a Mobile Podiatry Clinic that travels around Tucson offering simple foot assessment, toenail clipping/filing, and corn shaving. Sounds like a good time, huh? The service is offered for a

sliding fee based on income level, with a maximum charge of \$15. Bring an ID and proof of income to qualify for the reduced fee. No appointment is necessary. Hours are 9 A.M to noon. For further info, call the clinic at 628-7871.

The schedule is:

- First Thursday of the month (Nov 5th) - Fellowship Square 8111 E. Broadway (886-5537)
- First Friday of the month (Nov 6th) - Armory Park 220 S. 5th Ave. (791-4865)
- First Tuesday of the month (Nov 10th) - El Pueblo Center 101 W. Irvington (889-0928)
- Second Thursday of the month (Nov 12th) - Quincie Douglas 1575 E. 36th St. (791-2507)
- Second Friday of the month (Nov 13th) - Sunshine Center 7901 E. Scarlett (296-4816)
- Third Thursday of the month Council House 2323 E. 10th St. (623-4686)
- Fourth Tuesday of the month (Nov 24th) - B'nai Brith Covenant House 4414 E. 22nd St. (327-2200)



New Wingspan Hours

The Wingspan Community Center (Community lounge area, CyberCenter, library, and one meeting room): Monday through Friday, 11am - 2pm

The EON Youth Lounge (for LGBTQ youth and allies ages 13-23): Monday through Friday, 3pm - 8pm

The building will be closed on Saturdays and Sundays.

N.B. - Wingspan will be closed Thursday, November 26 and Friday, November 27 for the Thanksgiving holiday.

November Events

All events with our logo take place at EON Youth Lounge, 430 E. 7th Street, just across the street from old Wingspan, details on these calendar events.



Meander in Tucson Meetup Group

List of events for lesbian women
<http://www.meetup.com/MeanderinTucson>

MUSEUMING WITH MAURICE

Tucson Museum of Art 140 N. Main Ave.

Tucson Museum of Art's next major exhibit will be the Ansel Adams display, featuring works of renowned photographer Ansel Adams. This outing will take place on **Sunday, November 1st at 1 PM**. This a free event. Maurice will have passes for all who attend and will lead the group through the exhibit of many different art forms. For more information contact Maurice at 323-2293.

Tuesday, November 3 and November 17

(1st and 3rd Tuesdays) 9AM

Adopt a Park Iron Horse Cleanup

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

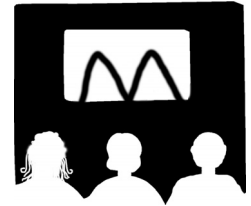


Thursday November 5th at 7 P.M.

Lesbian Looks feature film

Since 1993 Lesbian Looks has been presenting cutting edge features, shorts, documentaries and experimental films and videos not otherwise available to Tucson audiences. The final film in this year's series is the feature film DROOL, Nancy Kissam's dark comedy about domestic violence, sexual harassment, racism, murder and the transformative power of cosmetics(!). Anora spends her days taking care of abusive husband Cheb and disrespectful teenage kids Tabby and Little Pete. All the while she daydreams about an imaginary romance

which embodies everything her romance is not. Trouble ensues when Anora's new next-door neighbor, the vivacious Imogene pops in for coffee. The two women quickly bond to the dismay of her family. And Anora realizes that Imogene is the fantasy she has been dreaming of. DROOL is showing at the Loft Cinema 3233 E. Speedway Bl. (795-7777) on Thursday November 5th at 7 P.M. Regular theater admission prices apply.



Thursday, November 5, 1:30 - 3:00 pm

Elder Circle - Elder Circles consist of Elder (not older) people who are interested in Saging rather than aging. These circles have dialogues in the journey to conscious aging and how the participants can make changes in their communities. The next Elder Circle for GLBT people will be on Thursday, November 5, at 1:30 - 3:00 pm at the home of Lee and Merlin. Please call 207-5336 for directions. Discussion will be on the good points vs. the bad (if any) of being a member of the LGBT community.

Sunday, November 8 - 1pm

Senior Pride Potluck/Picnic

Come and join us all at Ramada #6, Ft. Lowell Park, on North Craycroft for an afternoon of fellowship, conversation and good things to eat. We'll be convening there at 1:00 pm and sharing our food and our time together for as long as we wish. Bring plates, plasticware, cups, a dish to share (something store-bought is just as welcome as something homemade for those who don't care to cook or bake) and anything else you can think of to make it a pleasant afternoon in the park.



Tuesday, November 10 (2nd Tuesday)

Senior Pride Planning Meeting

2 PM at Himmel Park Library, 1035 N. Treat Avenue (off Speedway) ph: 594.5305

Desert Voices - Upstaged! Divas and Mis(s)Leading Men

There are still tickets available for the upcoming Desert Voices **November 14 & 15** performances (first concert of the 2009-2010 season), so it's not too late to get great entertainment by your favorite non-profit chorus at a gonga price - one ticket for \$15/two for \$25 - and you will be supporting a local business, important in difficult economic times. (Season tickets are one for \$50/two for \$100 - also a gonga deal!)

Check out the website at www.desertvoices.org to purchase your tickets on line through Brown Paper Tickets (a very secure internet site), call the Desert Voices Box Office at 791-9662 to purchase via Mastercard or Visa, or mail your check (made out to Desert Voices) to PO Box 270, Tucson 85702-0270. See how easy it is?!

Performances will be held at the Proscenium Theatre, West Pima Campus, 2202 W. Anklam Road - 7:30 pm on the 14th and 3:00 pm on the 15th. Join Desert Voices as the chorus pays tribute to memorable musicals from Broadway and Tinseltown in Upstaged! Divas and Mis(s)Leading Men.

See you at the theatre!



A welcoming network of lesbians
Royal Sun Best Western Restaurant
SW corner of Speedway and Stone
Phone contact: Carol Ehrlich 520-584-0339

**Saturday, November 28, 4:00 - 8:00 PM
Women's Tea Dance**

(every 4th Saturday of the month)
Great Music/Great Crowd - FREE
Coyote Moon Pub (Prince & Fairview)
Phone contact: 520-293-7339

**Monday, November 30th 1-3pm
Old Lesbian Oral Herstory Project**

Arden Eversmeyer will be in Tucson from November 27th to December 1st collecting oral histories from the 70+ lesbian community in Tucson for the Old Lesbian Herstory Project. To learn more about the project, visit www.olohp.org. You can contact Arden by clicking the Contact Page. Phoenix Wheeler has organized a workshop for people to meet and talk with Arden about the project at Wingspan on Monday, November 30th from 1 to 3 pm which is open to everyone. For further details, call Phoenix at 751.2332.

Senior Forum online

Again, we apologize to those who might wish to see the Senior Forum as an online document. The dust has not completely settled in terms of who will be maintaining the various parts of Wingspan's online presence, but we will publish the missing editions as soon as possible. You can find it at www.wingspan.org, click on Programs and then click on Senior Pride. Scroll down to the dates and click to open a pdf file. Download and read to your heart's content.

Tuesday, November 17

(3rd Tuesday) 11 AM

Coffee Tawk

Cafe Passe 415 N 4th Avenue



Wednesday, November 18

(3rd Wednesday) 10:30 AM at Wingspan

Wingspan Seniors Care Steering Committee

All are welcome to attend.



Saturday, November 21 9:30 - 11:00 AM

(every 3rd Saturday of the month)

40s and Better Breakfast Group

Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.

- Brian Tracy



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A man's indebtedness is not virtue; his repayment is. Virtue begins when he dedicates himself actively to the job of gratitude.

- Ruth Benedict

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

- John F. Kennedy

A person however learned and qualified in his life's work in whom gratitude is absent, is devoid of that beauty of character which makes personality fragrant.

- Hazrat Inayat Khan

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

- Albert Schweitzer