



SENIOR Wingspan's Elder Voice FORUM

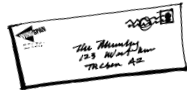
Volume 8 Issue 2
February 2012

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

Michael and Rick's 4 bits



By now you have probably heard of the possible closure of Tucson's postal sorting station at Cherrybell Stravenue. This would mean all mail would be routed through Phoenix, even if it is going elsewhere in Tucson. It would also mean the end of overnight service from Tucson.



This proposal would cost the community approximately 400 (union) jobs, hurt local businesses that rely on the postal service, and harm seniors who receive Social Security checks and medication by mail. It would also mean an end to those last-minute runs to Cherrybell Station to meet those midnight deadlines!

Tucson is the 33rd largest metro area in the country. Even though the USPS has agreed to hold off until 5/15/12 for any more closures, studies are continuing as well as public hearings. This is our only chance to make an impact. Written comments can also be submitted (by post, not email!) to:

Management, Consumer and
Industry Contact, Arizona District
P.O. Box, 21628
Phoenix, Arizona 85036-1628

The above information was received from the President of the Tucson Area Local American Postal Workers Union.

GLBTQ Couples Celebration

Tucson's PFLAG chapter will host its annual couples celebration as a brief "extension" of

Valentine's Day on Wednesday, February 15th at the Rincon UCC church Fellowship Hall beginning at 6:30 p.m. The church is located at 122 North Craycroft Rd. just north of Broadway. The fellowship hall is a separate building to the east of the parking area on the Craycroft side. **PLEASE RSVP to Jack or Karen by email (karenj7@cox.net) or by phone (520-207-9120)** The celebration is open to all GLBTQ people and their friends and allies.

More Great News from PFLAG

This year, PFLAG Tucson will award **three \$1,000 scholarships in the name of Gene Moore**, PFLAG Tucson's past president, and **one \$1,000 scholarship in the name of Mark and Art Woodland**, son and husband of long-time PFLAG member Elaine Woodland. Applicants can be graduating high school seniors, undergraduate students, or graduate students.

In addition, **Tucson LGBTQ will award two \$250 School Book Scholarships** to deserving, economically challenged Tucson LGBT graduating high school seniors to attend Pima College.



Full information and application materials are available at <http://www.pflagtucson.org/scholarships>.

Applications are due by March 31, 2012. If you have any questions, you may call (520) 360-3795 or email pflagtuc@pflagtucson.org. Please spread the word to any potential applicants.

Tucson Medical Center Senior Services Presentations

The following free presentations take place at TMC's Senior Services Center, 1400 N. Wilmot Rd. Please call 520 324-4345 to register in advance.

Wednesday, February 1st from 1:30 to 3:30 PM

Alzheimer's Films. A Common Approach to Communication; Journey by Heart

Wednesday, February 8th

- Hospice Roundtable - from 9:00 to 10:00 AM
- Elder Law: Trusts - from 10:00 AM to 12:00 PM
- Nutrition Roundtable - from 1:00 to 3:00 PM

Thursday, February 9th

- Stress, Depression & Anxiety - from 10:00 to 11:00 AM
- Meditation for Health Enhancement - from 11:00 AM to 12:00 PM

Wednesday, February 15th

- Alzheimer's Film & Discussion Conversations with Caregivers from 1:30 to 3:30 PM
- Special Event: Healthy Aging & Sexuality Night - from 4:30 to 6:30 PM (Buffet dinner included in registration fee of \$10 per person or \$15 couple. Call 324-1960 to register.)

Thursday, February 16th from 1:00 to 3:00 PM (both events occur at the same time)

- Meditation Practice
- Respiratory Health – Asthma

Saturday, February 18th from 8:30 AM - 12:30 PM

- Love Your Bones, **Marshall Conference Center - TMC**

Monday, February 20th from 9:00 to 11:00 AM

- This is an evidence-based balance and fall awareness class that meets for 2 hours, twice a week for 4 weeks. Class is limited to 15. Contributions for class are payable to PCOA. \$15 for single/\$25 for couple. To register call 324-1960.

Tuesday, February 21st from 9:00 to 10:30 AM

- Neurological Lecture – Dementia vs. Delirium

Wednesday, February 22nd

- Special Event: All About Rx Safety – Ask the Pharmacist - from 10:00 AM to 12:00 PM
- Nutrition Roundtable Discussion - from 1:00 to 2:00 PM

Thursday, February 23rd

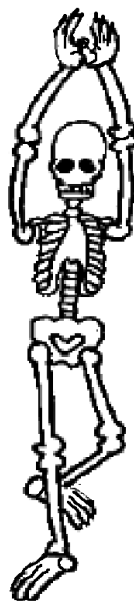
- Heart Health/ Blood Pressure Clinic - from 1:30 to 3:00 PM
- "I Love Books" Group – Heart and Soul by Bill Bryson - from 2:00 to 4:00 PM
- New to Diabetes - from 5:00 to 6:00 PM



Living Healthy with Arthritis - 2 Programs in February

1. Osteoporosis: You and Your Bones

The University of Arizona's Arthritis Center collects various evaluations every month from the attendees at its lecture series. From them and in response to attendees' feedback, it appears that the subject of osteoporosis is a topic of concern. In response, the February lecture will address this topic on Wednesday, February 1 at 6:00 p.m. to 7:30 p.m. at the University of Arizona Medical Center, Chase Bank Auditorium Room 8403; 1501 N. Campbell Ave.



The speaker this month will be Kristi Cristello, BS, MS, M.Ed, an exercise physiologist at Canyon Ranch Health Resort. Ms. Cristello will offer an extensive and diverse discussion about the importance of protecting and strengthening our bones as we age. It will address optimizing bone health and the critical importance of weight bearing exercise and being active throughout our lives. The program is free and open to the public. Light refreshments will be available.

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Living Healthy with Arthritis - from pg 2

2. February Active Series - The Power of Pilates

Our Active Series is back! Karma Kienzler, also from Canyon Ranch Health Resort, will be providing an active session involving Pilates for people with various types of arthritis.

Time: Saturday, February 18, 2012 from 10:30 a.m. - 11:30 a.m.
Location: University of Arizona, Bio 5 Keating Building, Room 103

The program is free and open to the public. Water will be provided.

Space is limited; advanced reservations are preferred as well as cancellations.

To register for either of these events, please email: LivingHealthy@arthritis.arizona.edu or call: (520) 626-5040.

We hope you take advantage of this opportunity and share the information with anyone this topic may benefit. Any and all support goes a long way in accomplishing our mission of making information accessible to all people who need it and uniting the Tucson community through healthy living.



shorts and musical films exploring LGBT issues and/or created by members of the LGBT community. The films will be shown at the Screening Room , 127 East Congress in downtown Tucson. Visit their website at www.southwestlgbtfilmsociety.org for complete information.

And the ongoing Lesbian Looks series will be screening two films in February - on February 2 "Circumstance" from Iranian writer-director Maryam Keshavarz and later in the month on February 23, "I Am" from India's Sonali Gulati. Both films will be shown at 7:30 on those respective evenings, but "Circumstance" will screen at the Loft Cinema on Speedway Blvd. while "I Am" (a FREE showing) will screen at the Gallagher Theater on the UA campus. Complete information can be found at www.lesbianlooks.arizona.edu.

Advance Notice for a Very Special Film

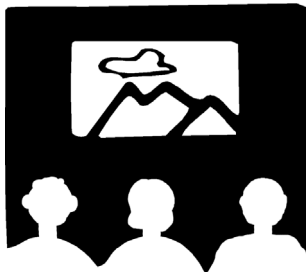
Senior Pride is working on getting a copy of what promises to be a major film of interest to GLBT seniors everywhere. The film is "Gen Silent", a documentary about the aging gay population and the issues many may be facing as they get older. To give you an idea, the tag line for the film reads "The generation that fought hardest to come out, is going back in - to survive." We want very much to be able to present a showing or two of this important film, but at this time we are not able to set a

definite date or venue. Please watch for more news about this event - we would like to be able to get a copy of the film to show in March, but we can't promise anything yet. If you are an internet surfer, you can google "Gen Silent" and find more information about the film and at least view a trailer for it.

Upcoming Films

Back in November we published a short introductory article about the new Southwest LGBT Film Society which is running a 6-day film festival in February. The event is the Out in the Desert Film Festival and it takes place on February 17-19 and 24-26. A launch party was held on January 11 at the Fluxx Studio & Gallery in preparation for the festival and to introduce the Southwest LGBT Film Society to Tucson.

The 1st annual OUT IN THE DESERT, Tucson's International LGBT Film Festival, will showcase the best features, documentaries,



Special February Lunch Outing

Senior Pride is planning a late February lunch gathering on February 25th, 2012 at Govinda's Natural Foods Buffet, 711 E. Blackledge Drive which is located about half a block east of north 1st Avenue. Blackledge Drive is halfway between

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| February 2012 | | | | | | |
|---------------|-----------|---|--|-----------|--|---|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | 1 Arthritis Lecture - Osteoporosis 6:00 PM -7:30 PM (see newsletter for details) | 2 | 3 | 4 |
| 5 | 6 | 7 Iron Horse Park Cleanup 9 AM | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 Wingspan Senior Pride Meeting Himmel Library 2:00 PM Valentine's Day | 15 PFLAG's GLBTQ Couples Celebration Rincon UCC 6:30 PM | 16 | 17 Out in the Desert LGBT Film Festival (continuing thru Sunday - see newsletter for details) | 18 40s and Better Breakfast Group 9:30 - 11:00 am Pilates - 10:30- 11:30 AM (see newsletter) |
| 19 | 20 | 21 Iron Horse Park Cleanup 9AM | 22 | 23 | 24 Out in the Desert LGBT Film Festival (continuing thru Sunday - see newsletter for details) | 25 Lunch at Govinda's 711 E. Blackledge 12:00 PM |
| 26 | 27 | 28 | 29 | | | |

Due to space limitations in the calendar, see the newsletter itself for complete information for some activities.

Special February Lunch Outing from pg 3

E. Fort Lowell Rd. and E. Glenn St. We're planning to meet there at noon on that day and would love to have our Wingspan seniors join us. Please call Lee and/or Merlin at 207-5336 to add your name to the list. If we get enough response we might need to call for a reservation. Visit Govinda's website at www.govindasoftucson.com for more information.

Humor Corner

If you had purchased \$1,000 of shares in Delta Airlines one year ago, you would have \$49.00 today! If you purchased \$1,000 of shares in AIG, you would have \$33.00. If you purchased \$1,000 of shares in Lehman Brothers, you would have \$0.00 today. But, if you purchased \$1,000 worth of beer, drank all the beer, turned in the aluminum cans for recycling, you would have \$214.00. Therefore the best current investment plan is to drink heavily & recycle. It is called the 401-Keg Plan.



The English language has some wonderfully anthropomorphic collective nouns for the various groups of animals. We are all familiar with a Herd of cows, a Flock of chickens, a School of fish and a Gaggle of geese.

However, less widely known is a Pride of lions, a Murder of crows (as well as their cousins the rooks and ravens), an Exaltation of doves and, presumably because they look so wise, a Parliament of owls. Now consider a group of Baboons. They are the loudest, most dangerous, most obnoxious, most viciously aggressive and least intelligent of all primates. And what is the proper collective noun for a group of baboons? Believe it or not a Congress! I guess that pretty much explains the things that come out of Washington!

I was having trouble with my computer. So I called Eric, the 11-year old next door, whose

bedroom looks like Mission Control and asked him to come over. Eric clicked a couple of buttons and solved the problem.

As he was walking away, I called after him, 'So, what was wrong?' He replied, 'It was an ID ten T error.'

I didn't want to appear stupid, but nonetheless inquired, 'An, ID ten T error? What's that? In case I need to fix it again.' Eric grinned.... 'Haven't you ever heard of an ID ten T error before?'

'No,' I replied. 'Write it down,' he said, 'and I think you'll figure it out..'

So I wrote down: ID10T

I used to like Eric, the little bastard.

February Events

Meander in Tucson Meetup Group

List of events for lesbian women

<http://www.meetup.com/MeanderinTucson>

Senior Games

Every Monday (except holidays), 12:00 noon to 3:00 PM at Himmel Park Public Library branch, 1035 North Treat Ave.

Tuesday, February 7 and February 21 (1st and 3rd Tuesdays) 9:00 AM (NOTE TIME CHANGE!)

Adopt a Park Iron Horse Cleanup

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



Tuesday, February 14 (2nd Tuesday)

Senior Pride Planning Meeting

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

Saturday, February 18 (every 3rd Saturday of the month)

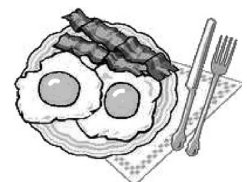
40s and Better Breakfast Group

A welcoming network of lesbians
Royal Sun Best Western
Restaurant

SW corner of Speedway
and Stone

9:30 - 11:00 AM

Phone contact: Carol
Ehrlich 520-584-0339





430 E. 7th Street
Tucson, AZ 85705

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Gravitation is not responsible for people falling in love.
~ Albert Einstein

I got a Valentine's Day card from my girl. It said, 'Take my heart! Take my arms! Take my lips!' Which is just like her. Keeping the best part for herself.
~ Robert Orben

**TODAY IS VALENTINE'S DAY - OR,
AS MEN LIKE TO CALL IT, EXTORTION DAY!**
~ Jay Leno

In a recent Valentine's Day posting on her fan website, Britney Spears says that - oh, who cares?
~ Amy Poehler

I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon.
~ Author Unknown