

## Senior Pride at Wingspan



For more information about Senior Pride and how you can be involved or if you have any questions, please feel free to contact Penelope Starr, Senior Programs Specialist, at 520-624-1779 or [pstarr@wingspan.org](mailto:pstarr@wingspan.org).

**Wingspan Community Center** has been serving the Southern Arizona's Lesbian, Gay, Bisexual and Transgender community for almost 20 years. Senior Pride, in its third year, welcomes all LGBT seniors 55+ and their younger or straight allies. Without focused programs and services, seniors can become an invisible and neglected segment within the LGBT and mainstream community. When invisible and disconnected from others, LGBT seniors' health and well-being are often compromised.

The Senior Pride mission is to provide social, educational, networking and volunteer opportunities for LGBT seniors. The program continues to evolve by responding to creative input from our amazing volunteers. Following are some of the events and activities we are currently involved with and some plans for the future.

### The **Senior Pride Planning**

**Committee** initiates and facilitates social and educational activities. We've enjoyed fun times such as the annual PFLAG/Seniors holiday feast, a Halloween costume party, an Ice Cream social with the Wingspan youth program – we are only limited by our imaginations. The planning meeting is held on the second Monday of each month and anyone who would like to participate is welcome.

**Rainbow Train**, a free program offered in Tucson and southern Arizona, provides cultural competency training for health care and social services agencies that provide services for LGBT seniors. We hold a volunteer "train the trainers" yearly. Anyone who would like to know more about this terrific way to contribute is welcome. If you know of an agency that would benefit from our training, please have them get in touch us.

Senior Pride adopted Iron Horse Park as part of Tucson Clean and Beautiful's **Adopt-A-Park program**. We meet at the park, located on 10th Street between 1st and 4th Avenues, twice a month at 10 a.m. (earlier in the summer). Cleaning the park usually takes about an hour, depending on how many hands show up. When you join us, we provide bags & have a couple of "grabbers"; you bring your gloves, sunscreen, a hat and a pick-up tool of some sort if you have one.

**Information and Referral** is provided through several options. Anyone can call or visit Wingspan for resource lists, go to Info Link on the Wingspan website ([www.wingspan.org](http://www.wingspan.org)) or access to the large library of books, videos and magazines of interest to LGBT seniors from the free Wingspan lending library.

In addition we hold **educational forums** throughout the year. Visit Wingspan's online calendar ([www.wingspan.org/content/evt\\_calendar.php](http://www.wingspan.org/content/evt_calendar.php)) for dates and times. If you don't have access to a computer, contact Penelope Starr to receive our monthly newsletter, **Senior Forum**, Wingspan's Elder Voice.

There are a few activities in the planning stage that will be up and running in the future. **A Colorful Life**, a series highlighting the histories and accomplishments of LGBT seniors in our Tucson community, will be starting up after the new year. **Boomers to Elders**, a senior support and social group will be starting on January 5 with the intention to become a fellowship where the issues of physical changes, medical issues, housing, transportation, legislation, current events, and any other subject relating to LGBT seniors and their allies can be brought up and discussed. **Boomers to Elders** can also be a social group for activities such as sharing meals and going to the movies together.

**Beginning computer classes** taught by a Wingspan volunteer, based on the excellent Oasis model, a **Seniors Dance**, and weekly **Stay Healthy Days** are all in the works.