



Promoting and addressing life issues affecting the general welfare of older gay, lesbian, bisexual, transgender, and intersex (GLBTI) individuals



The Rainbow Seniors Newsletter

September 2005

It was a BLAST!

Our third annual picnic was great fun, with a beautiful day and a great crowd! Thanks to auctioneer Meredith Reiniger and the inimitable Paul Mykins, the Vanna White of RSWNY Brown Bag auctions, for keeping us in stitches!

Our September 18 potluck

Join us on Sunday, September 18 for our Back-to-School potluck. We're never too old to learn; it's something we do our entire life! Be creative and bring box lunch foods. We'll also be announcing the beginning of donations for holiday baskets.

Get psyched for our November 12 dance!

Plans are moving right along for our secret auction and dance on Saturday, November 12, at the Roger Robach Community Center, Ontario Beach Park (see p. 4). We need volunteers to help sell tickets and to work at the auction and dance. Please contact Nan Fry, 544-2633, nan_fry@rainbowseniorswny.org if you'd like to help.

Farewell, friend...

We are shocked and saddened at the unexpected death of member Barb Huntoon on August 19. Barb is survived by her partner Dolly Cain, son Rick, and many friends. We will share a tribute to Barb at our September potluck.

Correction re: free hearing aids

The information in our August newsletter about free hearing aids from Audient is incorrect. Hearing aids can be purchased at a significant discount, but they are not free. Your editor humbly apologizes for this error and should have know it was too good to be true. Brochures from Audient will be available at our September potluck.

Yoga classes for fall

Fall yoga classes will be on the following Tuesdays: September 6, 13, 20, 27; October 4, 11, 18, 25; November 1, 8, and 15, from 6-7 p.m., Metropolitan Community Church, 175 Norris Dr. We pay for use of that space, so we ask \$3 for members and \$5 for non members, but no one ever would be turned away for lack of money.

Euchre Club resumes

Euchre Club is back on the first Sunday of the month. Dates thus far are: September 11 (postponed a week because of the Labor Day weekend), October 2, November 6, December 4, 3-6 p.m. Please RSVP to Ginny Dekin, 585.473.4765, rudinandreaxx@aol.com if you plan to attend, and please bring a snack to share and your drink. (Just a reminder that our events are alcohol free.) See you there!

Lifespan invites us to join their fall day trips

Lifespan has contacted Rainbow Seniors to invite us to their two upcoming events. Busses depart from both the downtown and Brighton Lifespan offices. Contact Sherlea at 585.544.2633 or sherlea_dony@rainbowseniorswny.org for prices and more information.

- Fabulous Fifties Musical Revival, Wednesday, September 28, Seneca Lake cruise, lunch, dancing, and singing included!
- Celebrate the holidays with Lifespan and Irish singer Cahal Dunne, Monday, December 5, Syracuse Holiday Inn, lunch included.

RSWNY to co-sponsor an ImageOut film

Rainbow Seniors has been invited again this year to co-sponsor a film about older GLBTIQ individuals. This year it's, "When I'm 64," and will be shown at the Little Theatre on October 12 at 5:30 p.m.

Moving?

Please let us know when your street or email address changes so that we can update our records. Changes can be sent to bob_hammond@rainbowseniorswny.org or call 585.422.6369. Thanks!

Potlucks and other dates of interest

- **Sunday, September 11, 3-6 p.m.** Euchre Club resumes.
- **Sunday, September 18, 2005, 4 p.m.** Back to School. Bring box lunch foods. Announcing donations for holiday baskets. 1st Universalist Church, 150 S. Clinton Ave.
- **Wednesday, September 28, 2005.** Lifespan day trip, Fabulous Fifties Musical Revival, to Watkins Glen for Seneca Lake Cruise.
- **Sunday, October 16, 2005, 4 p.m.** Halloween, dress in costume! We'll have 1st, 2nd and 3rd place contest. Collection of donations for holiday baskets. Bring a dish to pass for potluck. 1st Universalist Church, 150 S. Clinton Ave.
- **Saturday, November 12, 2005, 6-10 p.m.** Rainbow Seniors silent auction and dance, Roger Robach Community Center, Ontario Beach Park. Doors open at 5:30 p.m.

For transportation, call DeeDee at 585.872.2631.

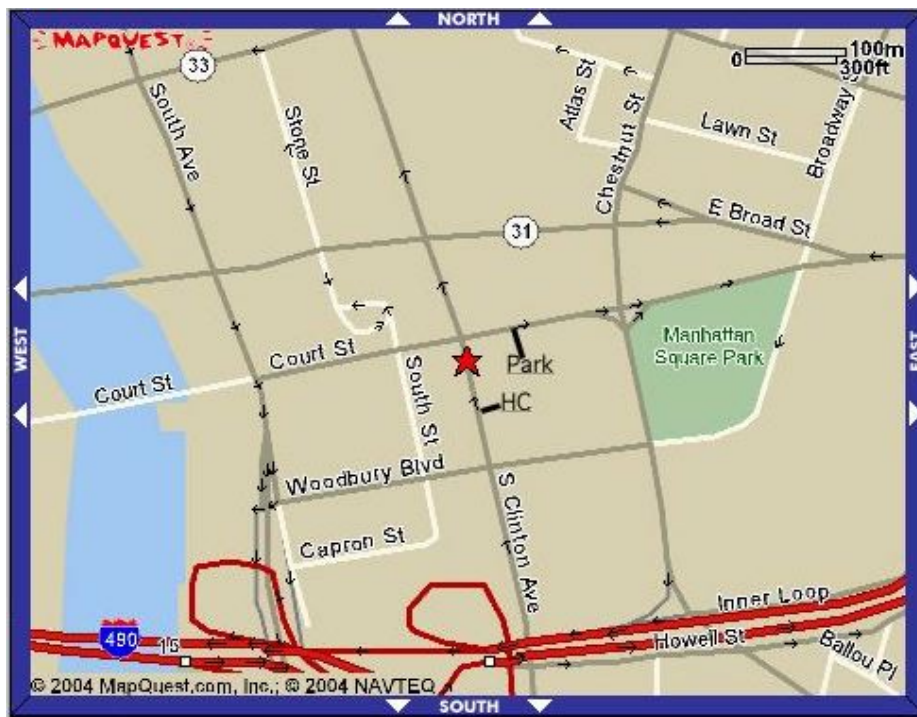
did you know?

Most of us are familiar with the concept of self-fulfilling prophecy. In the article, You're Wiser Now (Sept/Oct 2005 AARP The Magazine), author Kelly Griffin discusses the "...disconnect between what our older brains can really do and what we think we can do. Blame it on our youth-obsessed culture.

Many factors can impair thinking and memory, but the most insidious is **ageism**. **Researchers are discovering that the more you buy into the notion that getting older means losing your marbles, the more likely you are to succumb to it"** (bold text from your editor).

In other words, if you think you're old and decrepit, even in a joking way, you will be! Self-effacing comments about our memories, referring to oneself in a negative, ageist way—these comments all promote a negative self image, a bit like internalized homophobia. Let's empower ourselves and appreciate the wisdom and strong sense of self that comes with age!

Map To 1st Universalist Church



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