

Skin Care

All your life, your skin has been making a first impression for you. It can reveal whether you're hot or cold, tired or rested, sick or healthy. As you age, your skin changes in response to the elements that assail it, particularly the sun. On the inside, you may feel as good as ever, but the toll of years on your skin may send a different message. Medical conditions ranging from dryness to skin cancer become more likely, according to AARP.

Skin and the aging process

Just as your genetic makeup determines your eye color and whether your hair is curly or straight, genes also have some say in whether your skin retains a firm texture into your 60s and 70s, or begins to wrinkle and sag during your 40s. The breakdown of collagen and elastin that leads to droopy, lax skin occurs at different rates in different people.

Chronological aging

Skin undergoes a number of biochemical changes as the years pass. Skin doesn't retain as much moisture as it once did. The skin's ability to fight infection, feel sensations, and regulate body temperature also diminishes. After several decades of sending instructions for new cell production, the DNA can become damaged and allow cells to grow out of control, with skin cancer as the result.



Photoaging

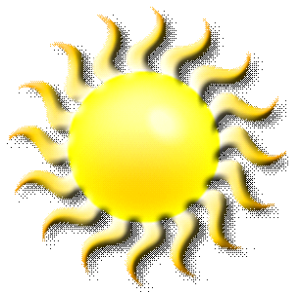
The single biggest cause of damage to skin as you age is sun exposure. Fine and coarse wrinkles are a result of sun exposure over the years. This causes the skin to become baggy with a yellow, leathery appearance, and dry, and scaly. It also increases the risk for skin cancer. Photoaging can cause skin to bruise more easily because sun exposure diminishes collagen. The collagen supports a network of blood vessels.

Cigarettes

Cigarette smoking is recognized as a cause of wrinkles. According to research, cigarette smoking damages the connective tissue, which is the basis for the skin's smooth appearance.

UV Radiation

Skin damage from sun exposure is caused by ultraviolet (UV) radiation. There are three different UV rays that affect your skin. UVC is the shortest wavelength but is the most damaging. Fortunately it is usually absorbed in the atmosphere by the ozone layer before it reaches the earth's surface. UVB rays are lower in energy than UVC rays which make them less damaging to skin. However prolonged exposure to UVB rays result in the visible damage of sunburn. Research suggests that UVB rays cause a distinctive genetic mutation that permits unabated cell growth, giving rise to cancer. The third ray, UVA, plays a role in photoaging and in the development of skin cancer. Since UVA rays have a longer wavelength, they penetrate more deeply. Researchers believe that 50% of UVA rays reach your skin. Certain medications can cause additional damage to your skin when exposed to sun. It's important to check with your doctor to determine whether any of the medications you're taking could cause photosensitivity. The most effective protection is to stay out of the sun or wear protective clothing.



Protecting your skin

There's a difference between sun blocks and sunscreens. Sun blocks prevent the sun from reaching your skin. Sunscreens, on the other hand, absorb rather than reflect UV radiation. The American Academy of Dermatology (AAD) recommends using sunscreen with an SPF rating of at least 15. People with fair skin or at high risk for skin cancer may want to go higher. The higher a sunscreen's SPF rating, the longer it protects against sun exposure.



Information on the Health and Wellness Page is meant to supplement, not replace, the care of a professional health care provider. Always talk to your doctor first about health concerns. Health Page Source: AARP (www.aarp.org)

Sage Upstate Long Range Plan

During 2008, the Sage Upstate Board engaged in a year-long process of creating a long range plan. This strategic vision document will cover the period from 2009 to 2013. At the February Second Sunday Potluck, on Sunday, February 8th at 4:30 pm, Ralph Valente, chair of the Long Range Planning Committee, will discuss our newly-minted Action Plan. You can view the Action Plan on our website at www.sageupstate.org. The session will be interactive, so please come with questions and suggestions. If you cannot make it to the February Potluck and have comments or questions about the Action Plan, please feel free to email Ralph directly at ralphvalente@rcn.com.

Sage members share their skills Reiki, Spanish, Cooking and more

Throughout the year, Sage members offer their skills to others in classes held in the Sage Upstate Center. Sagers have learned to speak/sign different languages, and have taken dance and acting classes. Here's a look at upcoming classes.

Try Reiki

Reiki, the Japanese form of a gentle method of hands on healing, will be offered by Sally Gewinner and Mary Gillen, Reiki III practitioners/teachers. Drop-in sessions at the Sage Upstate Center will give members the chance to experience the relaxing and beneficial effects of Reiki. This healing method, which involves the transfer of universal energy through the practitioner to the recipient, is used to relieve stress and to promote healing and balance for both animals and humans. Fifteen minute sessions will be held on Tuesdays, February 10, 17 and March 3, from 4 to 6 pm. Cost per session is \$15, a portion of which will be donated to Sage. Depending upon interest, Reiki classes will be offered for anyone interested in using Reiki as a practitioner or for personal use with family, friends or animal companions.

Health, Happiness, Home Cooking

In March, Sage Upstate will offer a six week course designed for kitchen novices and intermediate home cooks. Sessions led by Ralph Valente

See "Classes" on page 3

Second Sunday Potluck: What's Next for Sage Upstate? February 8, 4:30



Board Vice-Chair Ralph Valente leads a discussion on Sage Upstate's plans for the coming years: new programs, new initiatives, and plenty of ways to participate.

And Reiki Too! Mary Gillen and Sally Gewinner will offer Reiki demonstrations to introduce their upcoming series at Sage.

2nd Sunday Potlucks are held every month, 4:30 pm, First English Lutheran Church, 501 James St. (corner of Townsend and James).

This April, it's the 3rd Sunday

Our monthly potluck in April, which is Sage Upstate's Annual Meeting, will move to Sunday April 19. The second Sunday in April is Easter.

IN THIS ISSUE...

▼ SU Speaker Series	3
▼ Sage Upstate Calendar	4-5
▼ Health & Wellness: Skin Care	8

Sage Upstate News is published monthly by the staff of Sage Upstate for aging lesbian, gay, bisexual, transgender, and questioning persons in Central New York and their allies.

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Roslyn Rasberry

Sage Upstate is a not-for-profit organization that promotes the health and well being of lesbian, gay, bisexual, transgender and questioning people in Central New York as they age.

Sage Upstate receives funding from members and donors. Additional funding has been received from the New York State Department of Health, the Central New York Community Foundation, the Gifford Foundation, the Onondaga County Department of Aging and Youth, and the New York State Office for the Aging.

Sage Upstate presents a wide variety of programs that may entertain as well as provide information and perspectives about aging, health, wellness, current events, social and political issues and other subjects. These programs represent the views of the speakers only, who are solely responsible for the content and accuracy of their presentation, and should in no way be considered a recommendation or endorsement by Sage Upstate.

▼ **Cooking with Sparky:** Chef Linda "Sparky" Mortimer is presenting a cooking techniques class on two Sundays in February at noon at Williams-Sonoma Carousel Center. At the February 8 "Chocolate Obsession" class, participants will learn to make decadent chocolate treats. At the February 22, "Simple Soups" class, participants will learn: simple recipes with lots of flavor; how to use new Asian flavored soup bases to make classic Asian soups; and the essentials of adding starches, boosting flavor and creating garnishes. For more information: 315-422-8401.

▼ **The Sugar Pearl Cafe** presents live music by Miss E. on February 28th, 2009 from 8 pm to 10 pm. Sugar Pearl is located at 600 Burnet Avenue in Syracuse. For more information, call 315-422-7427.

▼ **The Neighborhood Computer Project**, which is located in the First English Lutheran Church offers **free computer classes** and open lab times. Courses now offered: Computers/PC Literacy; Email Accounts; Introduction to the Internet; Conducting an Internet Job Search; Keyboarding Typing Tutorial; Introduction to MS Excel, MSEXCEL 1, MS Word 1. *Coming soon:* MS PowerPoint; Resumes; Digital Photography; Buying a Computer; Blogging; Info Storage; Scrapbooking. To register for a class, call 315-399-4699 and leave your name and number, or email your info to neighborhoodcomputerproject@gmail.com.

▼ **HealthLink**, an initiative of SUNY Upstate Medical University, offers free monthly seminars with health care professionals. Unless otherwise noted, sessions are held at the Healthlink/Oasis Learning Site at Shoppingtown Mall. **Smoking Cessation Class:** 6 - 7 pm: Monds: Jan 26, Feb. 2, 9, 16, 23, & March 2, Tues Feb 10. **Cataracts and Glaucoma:** Wed. 2/4, 6 - 7 pm. **Don't Go Breakin' My Heart** (heart health awareness): Thu. 2/5, 6 - 7 pm. **A Taste of Mediation** (learn and practice mediation techniques): Sat. 2/7, 8:30 am - 12:30 pm. **Be a Smart Health Care Consumer:** Wed. 2/11, 6 - 7 pm, Liverpool Library. **The ABC's of an Eating Disorder:** Wed. 2/18, 6 - 7pm. **Cancer 101:** Tue. 2/24, 6 - 7 pm. **Medication Safety for Children and Grandchildren:** Wed. 2/25, 6-7 pm.

LGBT Affirming Recovery Resources:

Monday Nights, 7 pm, Women's Info, 601 Allen Street in Syracuse: Monday Night Pride LGBT AI-Anon Meeting. Open to All
Wednesday Nights, 8 pm, First English Lutheran, 501 James St., Syracuse: Boys In The Band AA Group (Gay Men's Meeting)
Sunday Nights, 7 pm, Women's Info, 601 Allen St., Syracuse: Live and Let Live LGBT AA

For more info: Alcoholics Anonymous: 315-463-5011 www.syraa.org

Readers Respond

To the Editor:

Having been singled out by the AARP for recognition as founders of SAGE/Upstate with the 50th Anniversary Social Impact Award, as reported in last month's SAGE/Upstate newsletter, has been an honor - and a little embarrassing. While we may have brought the idea of establishing a chapter of SAGE to Syracuse, getting the group up and going was an all-volunteer, collaborative effort. Putting together an organization to provide service and advocacy for LGBT seniors in Central New York involved the work, talents and dedication of many, many people. They deserve recognition as much or more than we.

Although Coy was the founding chair of the board, Susan Hansen, Jim Simonis and Vivian Derrickson all served terms as chair, leading the all-volunteer organization during its formative years. Attorney Bonnie Strunk provided legal services pro bono, enabling SAGE/Upstate to become incorporated and proceed through the arduous task of obtaining 501(c)3 not-for-profit status.

Six standing committees and their member volunteers planned and executed policies and programs for more than six years prior to the receipt of any public funding to support the organization. Keeping the Sunday pot-lucks informative and lively, William Knodel and the Program Committee worked tirelessly and creatively. Peter Moller, working with the late Bob O'Reilly, was the first editor of SAGE/Brush, the original newsletter, followed by David Blanchard and a host of volunteers who kept the monthly articles newsworthy and informative, thereby increasing the distribution of the publication. Joe Leonard maintained a website for the organization, making an electronic version of the newsletter available to members and the public.

Very important in the development of SAGE/Upstate was the support of the Onondaga County Department of Aging and Youth, which pledged its support when SAGE/Upstate was only an idea, even before the first community "focus group" was held to determine whether the LGBT senior population here was interested in having such an organization. Later, that department collaborated with SAGE/Upstate in organizing and presenting the first ever county-wide LGBT cultural competency training program for the area's healthcare workers, attended by sixty-four senior care providers from Onondaga and nearby counties.

It was again a company of volunteers who spent

more than two years planning the Friendly Visitors program, developing guidelines and a training manual. Members early on traveled numerous times to Albany to inform legislators about the issues confronting LGBT seniors, to advocate for funding for LGBT senior programs and to show their support for SONDA (Sexual Orientation Non-Discrimination Act). It was a moving experience, eventually, when some SAGE/Upstate members were able to travel to Albany to watch the Senate debate and vote on the passage of SONDA.

Members organized many activities, including a bus trip to Eleanor Roosevelt's cottage in the lower Hudson Valley, a dinner cruise for members on Skaneateles Lake, brought the "Village Elders" photography exhibition from New York to Syracuse and, during the first year of SAGE/Upstate's existence, started the traditions of the Thanksgiving potluck dinner and the Halloween and spring dances.

With no staff and no office space, a corps of early volunteers (most of whom themselves were seniors and all of whom were over fifty) worked together to build an organization that would serve, inform and advocate for LGBT seniors in Central New York. So, while it is an honor to be singled out by AARP as the founders of SAGE/Upstate, this honor really belongs to all of those members who pooled their creativity, imagination, hard work and vision to create a service organization for LGBT seniors. Our role was no more deserving than that of the many, many member volunteers who together built the foundation for SAGE/Upstate. Our greatest honor has been serving alongside these many volunteers.

--Coy Ludwig and Dan Smith

SU Speaker Series on "Queering Syracuse"

The **Syracuse University LGBT Studies** program, Geography Department and Imagining America are sponsoring a public lecture series entitled "**Sexuality and Space: Queering Syracuse.**" All lectures will be held at 5 pm in Room 220 of Eggers Hall. On 2/23, David Valentine, from the University of Minnesota, will present "Mapping the 'Sexual': Transgender Bodies, Gay Bodies and the Geography of Ontology." On 3/30, Judith Halberstam, from the University of Southern California, and author of *In a Queer Time and Place: Transgender Bodies, Subcultural Lives*, will address "Queer Negativity." On 4/20, Michael Brown of the University of Washington will present "Queer History Project: Participatory Action Research." For more info see: <http://lgbt-studies.syr.edu>.

Sage Upstate Calendar: February 2009

Unless otherwise noted, all activities below are free and are held in the Sage Upstate Center, 501 James Street (corner of Townsend and James in the First English Lutheran Church). Visitors may drop in at any time Monday - Friday, 12-6, and use the center computer for word processing or accessing the Internet or may borrow a book from our 1,100+ title lending library. To register for classes, or for more information, contact Carrie Elliott at 315-478-1923 or celliot@sageupstate.org.

60+ Circle of Friends: Group for LGBTQ seniors 60 and older. Meets the 4th Wednesday of the month, 2/25 out for lunch. Call for location or to be put on the group's e-mail list.

Coming Out Later In Life: 1st & 3rd Thursdays (2/5, 2/19), 7 pm. Peer led discussion group; members share experiences, find connections & support.

Group Stretch: Group Stretch will continue to meet the 2nd and 4th Thursday in February (2/12, 2/26) from 6:30-7:30 at the Sage Upstate Center.

HERS Group for Women: 1st and 3rd Wednesday (2/4, 2/18), 6 pm. Facilitated by Susan White, MA. This group explores aging issues among lesbian, bisexual, and transgender women. Please register in advance.

Knitting Circle: Meets every Wednesday in February at 7 pm, with instructor Deborah Hardy. Open to those who wish to learn or wish to knit with others. Beginners should bring a set of size 8, 9, or 10 knitting needles.

Men's Empowerment: 2nd & 4th Wednesday (2/11, 2/25), 7 pm. Facilitated by David Bullard, LMSW. This group explores aging issues among gay, bisexual, and transgender men. Please register in advance.

Men's Night Out: First and third Friday, (2/6, 2/20) 6 pm. Join other Sage guys for pizza, soft drinks, and fun. Come and play board games or cards, watch a movie, hang out with old pals and make new friends.

Monday Night Men's Group: Peer support group for Gay, Bisexual and Transgender Men. This group is closed and takes new members twice a year. Please contact Sage Upstate for more information.

Reiki: Sage members Mary Gillen and Sally Gewanter will perform Reiki for interested participants for a fee of \$15. February 10 and 17 and March 3 from 4-6pm. Call for more information.

Sage Board Meets: Wednesday, February 18, 5:15 pm. Interested in joining the board? Want to nominate someone else to serve? Send your suggestions to Sage (PO Box 6271 Syracuse, NY 13217 or kdrill@sageupstate.org) by February 28th.

Sage Exercise Classes: Mondays in February and March from 6:30 to 7:30pm at Sage Upstate. Led by Anne Bowdoin, as part of the Fit for the Next 50 Program. Please register in advance.

Second Sunday Potluck -- Strategic Planning and Reiki: 4:30 Sunday, February 8. Bring a dish to pass if you are able.

Second Sunday Potluck Committee: Join the committee that plans the potluck each month -- we need your energy and ideas! Monday, February 9, 5 pm.

Spanish Classes: Sage member Christina Rossetti offers Introductory Spanish Classes in February to interested Sagers. Classes will take place Tuesdays in February from 6-7:30 at Sage Upstate. Please Register in advance.

Uzuri: Friday, February 13, 6:30 pm. Group for LGBT people of color as the age. We'll have some light refreshments, music and a good time.

Women's Coffeehouse: Fourth Friday (2/27) at 7:00 pm. Enjoy coffee, soft drinks, pizza, games, movies and socializing with other Sage women.

Regional Networks

Regional Networks: These networks hold gatherings for LGBT seniors and allies in their home counties. Bring a dish to pass if you are able.

Cortland Network: Saturday, February 21, Access to Independence Center, 22 North Main St, Cortland, 6 pm.

Oswego Network: Sunday, February 22nd, 2pm. Grace Evangelical Lutheran Church in Oswego. Please call for directions.

Jefferson and Oneida Networks: No meeting in February.

"Classes," continued from p. 1

will meet on a weekday evening from 6 - 9 pm. All classes will be hands-on and interactive, and held in the home of the instructor. Mr. Valente is a Sage board member, a former educator and an accomplished home cook.

Participants will gain an enhanced appreciation of the benefits of home cooking, including healthy living, the satisfaction of creating, the joy of sharing food with family and friends, and the fact that it is relatively inexpensive. In addition, the class will teach participants about mastering basic culinary techniques; how to successfully stock a pantry; the importance of organization; kitchen safety; strategies for successful entertaining; and how to pair fantastic wines with different dishes.

Participants will be asked to submit the names of dishes they would like to learn and these suggestions will be used to determine the course content. At the end of each lesson the class will sit to enjoy the meal prepared that evening.

The course is participatory and students will be expected to work and clean-up. Participants will be asked to sign a waiver -- kitchens contains sharp and hot items as well as perishable foods that all require carefully handling. To cover food purchased for the course, participants are asked to pay a \$70 fee (no refunds). The course requires a minimum of 2 participants, with a maximum of 6. Please contact Carrie Elliott at 315-478-1923 or celliot@sageupstate.org to sign up for this series, which will be held in March.

¿Habla español?

Christina Rossetti will teach Spanish on Tuesdays in February from 6 to 7:30. Classes will introduce participants to basic conversational Spanish. This class will be great for people traveling to Spanish speaking areas, or those who just want an introduction to the subject. Participants should register in advance by contacting Carrie Elliott at 315-478-1923 or celliot@sageupstate.org.

This class is modeled after the classes that have been offered at Sage by member Jerry Smith. Christina has participated in Jerry's class, and has also completed several language courses.

Would you like to nominate someone (or yourself) for the Sage Upstate Board?

Sage Upstate is now taking nominations for the board of directors. Please send your suggestions to the Sage Upstate office (PO Box 6271, Syracuse 13217; 315-478-1923; kdrill@sageupstate.org) by February 28.

Annual Appeal Helps Sage Grow

Like most non-profit organizations, Sage Upstate makes an annual appeal to participants to give what they can to help the organization grow. Our appeal is currently being held, and the deadline is February 25. Please consider giving to Sage Upstate.

It's true, we do have state funding that supports staffing, programs, and other activities at Sage. However, you have no doubt read the news on the state budget -- our funds have been cut and no one knows how much more we will lose. Grant funding in general is uncertain -- it can come and go. Donations from community members are a much more solid base of funding. Individual donors supply a source of funding that is more stable. Their donation also communicates to funders and others that the organization is appreciated and needed in the community.

Donations of all amounts are needed and appreciated. Donors who choose to give \$300 or more annually become a part of the Sage Upstate Donor's Circle. Receptions are held throughout the year for Donor's Circle members to meet with board and staff to discuss important issues related to our mission. One such gathering was held last month, and we will be hosting a spring event for new and current members.

All participants should have received a donation form by mail. If you need one, please contact the Sage office. In addition, you can contribute online at the Sage Upstate web site: www.sageupstate.org. As always, donations of all amounts are important. Thank you to everyone who has already contributed to this campaign.

Town Hall Meeting on LGBT Issues

Staff from the Empire State Pride Agenda will be in Syracuse on Thursday, February 26 to host a Town Hall Meeting to discuss the current political climate in New York State. All those interested in learning more about legislative issues that affect LGBT New Yorkers should attend the event, to be held at the First English Lutheran Church, 501 James St. in Syracuse. The meeting starts at 6 pm, and will feature music and refreshments, as well as the latest information about the current political climate in New York. Pride Agenda staffers will provide information on ways that LGBT community members and allies can get involved in passing supportive legislation. For more information, please contact Ejay Peters at 518-472-3330.



Ross and Scott at the Thanksgiving Potluck in November. Check out this and other pictures from potlucks, dances, and Sage events past on our website at <http://www.sageupstate.org> in our Photo Galleries

Syracuse University LGBT Resource Center 443-3983
aljaehni@syr.edu

Theresa "Tess" Contos, LMT
315-727-5697
www.ascendwellness.com

Jeff Kreis Heating A&C
469-7852
Heatman315@aol.com

Gail Sustare, Realty USA,
Personal cell: 345-0392
Office: 446-8291 ext 212

February 2009

All activities held at Sage Upstate Center, 501 James St. @Townsend & James in the First English Lutheran Church unless otherwise noted with *. Details: p 6. Info: 315-478-1923.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Monday Men's Group, 6 pm Sage Exercise Class, 6:30 pm	3 Spanish Class, 6 pm	4 HERS Group, 6pm Knitting Circle, 7pm	5 Coming Out Later in Life, 7 pm	6 Men's Night Out 6pm	7
8 Second Sunday Potluck - Strategic Plan, Reiki	9 Potluck Cmtee, 5 Monday Men's Group, 6 pm Sage Exercise Class, 6:30 pm	10 Reiki, 4- 6 pm Spanish Class, 6 pm	11 Men's Empowerment 7pm Knitting Circle, 7pm	12 Group Stretch, 6:30 pm	13 Uzuri, 6:30 pm	14
15	16 Monday Men's Group, 6 pm Sage Exercise Class, 6:30 pm	17 Reiki, 4- 6 pm Spanish Class, 6 pm	18 Sage Board 5:15 pm HERS Group, 6pm Knitting Circle, 7pm	19 Coming Out Later in Life, 7 pm	20 Men's Night Out 6pm	21 *Cortland County Group, 6pm
22 *Oswego County Group, 2 pm	23 Monday Men's Group, 6 pm Sage Exercise Class, 6:30 pm	24 Spanish Class, 6 pm	25 *60+ Circle of Friends Lunch Out Men's Empowerment 7pm Knitting Circle, 7pm	26 Empire State Pride Agenda Town Hall Forum, 6pm Group Stretch, 6:30 pm	27 Women's Coffeehouse, 7 pm	28

What's Coming Up @ Sage Upstate?



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Sunday Potluck:
What you need to

know about LGBT supportive legislation in New York State: Speakers from the Empire State Pride Agenda will discuss how you can make your voice heard in Albany about issues that affect your life. A great way to get ready for Equality and Justice Day (see below). Sunday, March 8, 4:30 pm

Spring Dance:



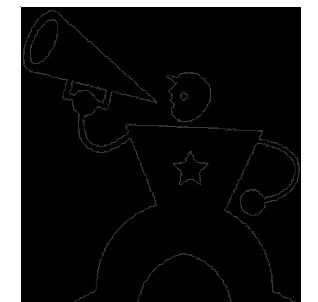
Saturday, April 25
Sage Upstate's annual Spring Fling will include great music, pizza and munchies, and a 50/50 raffle. It will be held at May Memorial Unitarian Universalist Society, 3800 E. Genesee St. in Syracuse.

Equality & Justice Day

Travel to Albany with your Sage friends and make your voice heard!

Sage Upstate will be organizing a group trip to Albany for this event, which draws more than 1,000 activists from around the state.

April 28, 2009



Please support the businesses, professionals, and organizations listed on this calendar -- they support our local LGBT community.

Onondaga Employee Leasing Services

Deb Rabe, President
4 Adler Drive, Suite 2,
East Syracuse, NY 13057
315-463-7838
deb@oelspeo.com
Employee benefits, payroll, and human resources provider.

Cooperative Federal

Three locations in Syracuse:
723 Westcott St
401 South Ave. Ste. 100
800 N. Salina St. Ste. 100
315-471-1116
www.cooperativefederal.org
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Hansen's Financial Services

Susan Hansen
7067 E Genesee St.
Fayetteville, NY 13066
hansensfinancial.com
315-637-5153
sue@hansensfinancial.com
Comprehensive financial planning and socially responsible investing.

Vivian Derrickson, CFP, CLU

Ameriprise Financial Services
6319 Fly Road #2
East Syracuse, NY 13057
315-251-0512
vivian.m.derrickson@ampf.com
Financial and retirement planning for gays, lesbians, and domestic partners.