

Lunch Series Continues

Sage Upstate's "Out to Lunch" Health and Wellness Series continues in January. The series features a different health education topic on the third Thursday of each month. Participants receive a free lunch and health information on the monthly topic.

This month we will have two "lunch and learn" presentations, "Crafting for Health" and "Pain Management and Senior Exercise."

Crafting For Health, Jan 14, 12 - 1:30: This rescheduled Lunch and Learn features Scrapbooking Lessons with instructor Sue Young. Scrapbooking materials will be provided, but participants are asked to bring 10-20 photos that they wish to include in their project.

Pain Management, Jan 21, 12 - 1:30: Anne Bowdoin, of the SUNY Vitality program will present on stretching and exercise techniques for staying fit, avoiding injury, and helping with Pain Management.

Planning to attend? Register in advance and put in your lunch order by contacting Carrie Elliott at 315-478-1923 or celliott@sageupstate.org.



Sagers show their pride in the 2009 CNY Pride Parade.

2009: Year In Review

Great potlucks, education for providers, new programs and collaborations with organizations serving LGBT people across New York -- 2009 has been a great year. Here are some highlights.

Programs: wellness, support, welcoming socials

Sage Upstate averaged nearly 40 programs per month in 2009. Exercise and fitness programs included exercise classes, pain management stretch classes, and an incentive program that instructed on different fitness activities while also helping participants make a personal fitness plan. Sage also offered dance lessons and a biking group. In addition to our regular support groups for women, men, and people coming out later in life, two relationship-building seminars were held, "Strengthening the Rainbow" and "Imago."

See Year in Review on page 4

Second Sunday Potluck

Pain Management & Stretching Techniques: January 10, 4:30

Tess Contas will lead participants in stretches that help with pain management and balance. Bring a dish to pass if you are able.

Potlucks are held on the 2nd Sunday each month at the First English Lutheran Church, 501 James, in Syracuse

Sage Upstate Center: 501 James St. ▼ Staffed: Mon - Fri 12 - 6 ▼ www.sageupstate.org ▼

PO Box 6271, Syracuse, 13217 ▼ 315-478-1923 ▼ toll free outside local calling area: 866-717-2640

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Sage Upstate
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Syracuse, NY 13217

Yes! I would like to join Sage Upstate.

Name 1 _____ Name 2 _____

Address, City, State, Zip _____

Email _____ Phone _____

Membership dues: The suggested dues amount is **\$35** – more if you can, less if you can't

\$150 \$100 \$50 \$35 Other \$ _____ My dues is enclosed
 Please bill my credit card

Credit Card # _____ exp: _____

Name on credit card _____

Please check all that apply:

- Please use discretion when calling
- Include my information in the address list shared with other members
- I would like to volunteer
- Please send information about how to make SageUpstate a beneficiary in my will or donating other assets

Membership dues to Sage Upstate are tax-deductible.

Mail to Sage Upstate, PO Box 6271, Syracuse, NY 13217. Questions? 315-478-1923 or kdill@sageupstate.org

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

Sage Upstate Staff:

Kim Dill, *Executive Director*
Carrie Elliott, *Program Coordinator*
Barbara Johnson, *Office Manager*

Sage Upstate Board:

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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. These programs represent the views of the speakers only, who are responsible for the content and accuracy of their presentation, and should in not be considered an endorsement by Sage Upstate.



From the Executive Director

New Year, New Look

by Kim Dill

Welcome to our new newsletter! We've added a few pages presented with a new look. You'll find new features, including the "Member Page," "Program Corner," "Aging Healthy," alongside our standards like the "Health and Wellness Page" and "Around Town." We hope to be able to provide you more information on our programs, on health resources, and on issues you feel are important. To make this a success, we need your help.

► **Member Page:** Each month we will feature feedback from members on this page. We'll ask questions (like we did this month), feature information on birthdays and celebrations, and we'll profile volunteers and members. This would also be the place where we will feature letters. *What you can do:* participate when we ask questions, send us information about events you are celebrating, send in suggestions about what you'd like to see on your member page.

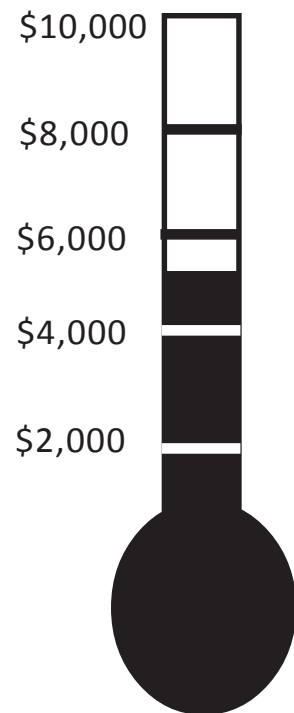
► **Healthy Aging:** On this page we will feature columns on various aging issues and most will be written by professionals. *What you can do:* Let us know about issues you'd like to see covered. If you have a suggestion about someone who could write a column, let us know that too.

► **Upcoming Message Board:** We have other features in development. We'd like to include a message board, where housing, jobs, "for sale" and other classified-type listings could be placed. Start sending in your items and we will post them in the newsletter.

This newsletter is published each month and sent to more than 1,300 people with the aim of bringing some useful information to older LGBT people and their allies. If there are ways we can do that better -- let us know.

Also -- we are moving toward our goal of \$10,000 in this year's annual appeal. Please consider a tax-deductible donation to Sage Upstate so we can continue to provide programs and services for aging LGBT people.

Thanks to everyone for a great year. See you at an event sometime soon!



Sage Upstate Annual Appeal Tally

Legislative Roundup

Anywhere But Here -- Marriage Equality

December 2009 was an exciting month for LGBTQ issues in NY State, across the country and around the world. As most folks now likely know, on December 2 the New York State Senate failed to pass the Marriage Equality bill in a vote of 38 to 24, ending the hope of marriage for same sex couples in NY State in 2009.

What failed in New York flourished elsewhere. On December 15, the Washington DC City Council passed a marriage equality bill that will cover the district of Columbia, and on December 18, DC Mayor Adam Fenty signed it into law.

On December 21, Mexico City passed marriage legislation, making it the largest city in the world where same sex couples can legally marry, and the first in Latin America. On December 10, the Austrian Parliament legalized civil unions in Austria, with registration for the unions to start this month.

Currently, marriages for same sex couples are legally recognized in Belgium, Canada, Netherlands, Norway, South Africa, Spain, Sweden, Mexico City, and five US States (Connecticut, Iowa, Massachusetts, New Hampshire, Vermont) and the District of Columbia. Civil unions/partnerships are legal in Andorra, Colombia, Czech Republic, Denmark, Ecuador, Finland, France, Germany, Greenland, Hungary, Iceland, Luxembourg, New Caledonia, New Zealand, Slovenia, Switzerland, Wallis and Futuna, United Kingdom, Uruguay.

Houston Elects Parker

In other LGBTQ news this month, out lesbian Anise Parker won the Houston mayoral race in December. Houston, the country's fourth largest city, is the largest city in the country to elect a gay mayor.

Finally, Good News Out of Albany

Locally, Governor David Paterson issued an executive order prohibiting discrimination against transgender employees in the NY State workforce. The order goes a long way in protecting transgender people who are employed by the state, however there is still currently no law protecting individuals statewide against discrimination based on Gender Identity or Expression.



Around Town

▼ In January of 2010 Eva M. Capobianco will present "What Makes a Marriage?" at **State of the Art Gallery** in Ithaca, NY. The show will be a benefit for Marriage Equality New York and the Ithaca Lesbian, Gay, Bisexual and Transgender Task Force (ILGBTTF). Fifty percent of the profits from all sales at the show will be shared equally by these two organizations. The exhibit dates are January 6-31. There will be a reception for the artist on Friday, January 8, from 5-8 pm. Harpist Myra Kovary has generously agreed to perform at the reception free of charge in support of the fundraiser. State of the Art Gallery is located at 120 W. State Street, Ithaca, NY. Hours are Wed. -Fri., 12-6 pm and Sat. & Sun., 12-5pm. The gallery is ADA accessible, free and open to the public. The artist will be present at the gallery from 12-5pm each Saturday during the exhibit. For more information contact Eva Capobiano at 607-273-3566 or email ecapo141@aol.com.

▼ On Thursday January 21, from 4-6 pm, the CNY HIV Care Network is sponsoring **Homemade Chili and Fellowship** at the **First English Lutheran Church**, 501 James St in Syracuse for those who are HIV infected/affected. During the event the Church's Clothing Closet will be open, as well as the Neighborhood Computer Lab. Please contact Paul Carr at The CNY HIV Care Network at (315) 472-8099 or email pcarr@cnyhsa.com.

Social Security to Repay Suspended Benefits

The National Senior Citizens Law Center is working through Sage in NYC to reach people who may have been unlawfully denied benefits. The Social Security Administration plans to repay people whose benefits have been suspended or denied since January 1, 2007 based on the existence of an outstanding arrest warrant. Over 200,000 people whose benefits have been suspended or denied since January 1, 2000 of these people are potentially eligible for retroactive benefits in varying amounts and approximately 80,000 are potentially eligible for full retroactive reinstatement of benefits totaling over \$500 million. For more information, see www.nslc.org or www.ssa.gov.martinezsettlement, or contact Sage Upstate at 315-478-1923 or kdill@sageupstate.org for a handout on how to access withheld funds.

Health & Wellness Page

Post-Holiday Depression

The Holidays, the isolation of winter weather, and contact (or lack of contact) with family can trigger sadness for many, as they think about lost loved ones, struggle with health issues, and/or worry about money.

Tips for beating holiday blues:

Talk to someone. Talking it through with someone you trust may help you get to the reasons for your sadness. You may also want to try speaking with a professional counselor.

Watch the drinking. Too much can actually make you feel worse -- alcohol is a depressant.

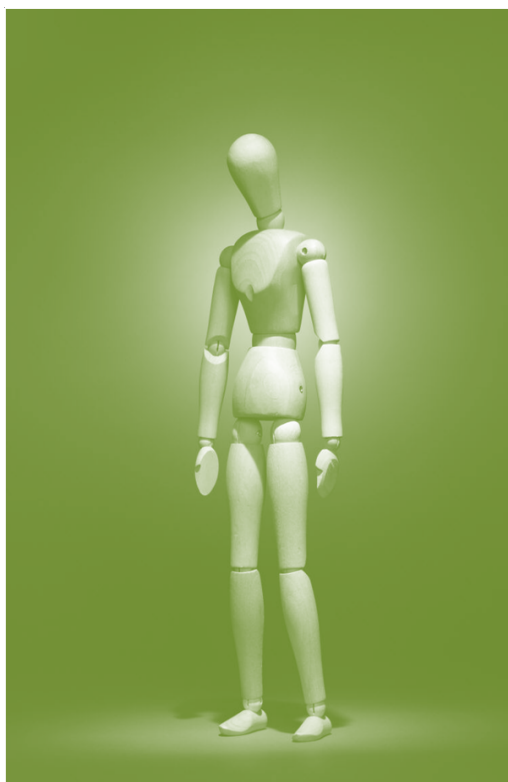
Focus on today. It's fine to take time to remember people, but try to leave "yesteryear" in the past. Don't set yourself up for comparing today with "the good old days."

Realize it's ok to not feel "merry." Lots of people feel depression at this time of year. The holidays do not banish reasons for feeling sad and lonely. There is room for these feelings to be present, and it is ok to express them.

Get out and socialize. Come to a Sage Upstate program or event -- see the calendar in this issue. Invite friends over.

Volunteer. The act of helping can improve your mood. Call Carrie at Sage Upstate for information about volunteer opportunities. There are also many other local agencies that could use your help, like Hospice of CNY, the Q Center, Vera House, and P.E.A.C.E., Inc.

Think about participating in one of Sage Upstate's support groups. The HERS group for Women, the Men's Empowerment group, and other support groups offered at Sage are a safe and welcoming place to talk about what you are feeling.



Watch for more serious signs

Though the holiday blues are temporary and mild, clinical depression is more serious. Signs of depression include:

- ▶ An empty feeling, ongoing sadness, anxiety
- ▶ Lack of interest/pleasure in everyday activities, including sex
- ▶ Frequent crying
- ▶ Sleeping too much or too little.
- ▶ Changes in appetite, weight
- ▶ Aches/pains that don't go away when treated
- ▶ A hard time remembering or focusing
- ▶ Constant feelings of fatigue, restlessness, worthlessness, guilt
- ▶ Suicidal thoughts

How you can help someone else

If someone you know appears to be dealing with some winter sadness, reach out to them. Invite them to gatherings -- if they need a ride, offer. Encourage them to talk about their feelings, but don't pressure them. Just let them know you are there if they want to talk. You may also want to suggest that they speak with their doctor - many people don't realize they are depressed.

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 and Wellness Page Sources: National Institute of Health Age Pages (www.nia.nih.gov/healthinformation/publications); Medline Plus (www.nlm.nih.gov/medlineplus); and Mental Health America (www.nmha.org).

Program Corner

Seeking Input on New Women's Programming

As 2009 comes to an end, so does Sage Upstate's Women's Coffeehouse in its current incarnation. Group leader Marilyn Austin is stepping down after many years running the group and Sage is looking for someone interested in stepping into the position.

In the meantime, we're looking for feedback. On Friday, 1/22, 6 - 8 pm, an open conversation for Sage women will be held on what they would like to see in a social night. Can't make the meeting? Email your feedback to celliott@sageupstate.org or call at 315-478-1923 to let us know what you're looking for.

Transgender Name Changes

On Saturday, 1/30, 10 am -1 pm, Sage board member and local attorney Mary Traynor will provide legal information for transgender individuals looking to get their names changed. This is a continuation of a presentation given by Mary Traynor at the November transgender potluck and will best serve individuals who attended that presentation and/or who have already started their name change petitions.

Individuals who wish to attend the presentation should contact Carrie Elliott at 315-478-1923 or email celliott@sageupstate.org to register. Participants should bring all papers with them, including the court forms as well as "all supporting documentation" (certified birth certificates, etc). Space is limited.

Third Tuesday Movie Matinee



Beginning in January Sage will offer Matinee Movie showings projected on the screen in our center at 2pm the third Tuesday of the month. This month's debut movie is *My Fair Lady*, the 1964 version of the classic musical starring Audre Hepburn and Rex Harrison.

Folks who are interested can meet for lunch at Sparkytown beforehand at 12:30. Popcorn and soda will be provided.

Have ideas for movies that we should show in the future? Contact Carrie Elliott at 315-478-1923 or celliott@sageupstate.org to share.

Regional Network Update

Cayuga Regional Network Group

Spice up your month by joining us on 1/24, 2pm, at the Auburn Unitarian Church (607 N Seward Ave, Auburn) for a Chili Party. Bring a pot of chili or other dish to pass. Help us plan our schedule for 2010.



Cortland Regional Network Group

On January 16, 4pm at the Cortland LGBT Center (29 Central Ave, Cortland), join us for food, games and to plan our programs for 2010. We need your input! Bring a

Oswego Regional Network Group

Join us on January 24, 2pm, at Fallbrook (103 Thompson Rd, Oswego) for **Bermuda Shorts**, featuring short films and/or poker. Wear your summer attire and bring a summer dish to pass if you are able.



Save the Date:

Lookingglass Alice 2/25

In February Sage Upstate is partnering with Syracuse Stage for their February Pride Party presentation of *Lookingglass Alice*. Join us before the show for catered food and other fun stuff. More details next month.



Coming Out Later in Life Group Retires, Replaced by Q Discussion Group

Sage Upstate's Coming Out Later in Life Group is retiring at the end of 2009. Starting in 2010 the group will be replaced with the "Q discussion and social group", which will meet twice a month: topical discussions determined by participants will be held on the 2nd Thursday of each month, and scheduled social outings will be held on the 4th Thursday of each month, also determined by participants. Topics and outing details will be listed in the Sage Upstate News each month. The changes in the group are being made to encourage participation from everyone in the Sage LGBTQ population. Support for individuals coming out later in life will still be a priority of the group. For January 14: Discussion- How to be an inclusive group. Come and find out!!! All Saggers are encouraged to attend.

Year In Review (cont'd from p.1)



A number of classes and groups were held in the Sage Upstate Center and other locations, including Reiki sessions, game nights, cooking classes, karaoke, and social gatherings. In addition, two dances were held that drew 100 participants, and our Annual Picnic welcomed 150 Sagers for a fun day at Oneida Shores.

Our longest running and most visible activity -- the Second Sunday Potluck -- drew an average of 70 participants for a variety of programs, ranging from presentations on legislation and transgender issues, to socials like movies, a dance and a picnic.

Reaching Out

The Sage Upstate News reached more than 1,300 US mail and email addresses each month, providing readers with program information and covering wellness issues. The Health & Wellness page addressed a variety of topics, including colorectal cancer, diabetes, and health care reform.



Sage Upstate reached out to underserved groups in a number of ways. Regional Network groups met in three Counties (Cayuga, Cortland, and Oswego) to help people in rural, isolated areas to find friendship and support closer to home. "60+ Circle of Friends" brought 5 - 10 Sagers age 60 or older out to lunch once per month. Uzuri, a group for older LGBT People of Color met monthly drawing up to 40 participants. A monthly potluck for aging transgender people was established in 2009, which has drawn 15 - 30 people.

Building a Buddy Network



In 2009 Sage Upstate launched the Buddy Network, a four part program addressing the isolation and wellness needs of older LGBT people. The program consists of updates on major events in lives of members so people can reach out to one another; helpers who are available to assist with short term needs of people recovering from injury or illness; phone check-ins

for people who live alone; and visitors for homebound and/or isolated seniors. To date 20 visitors have been trained and five people are receiving visits.

Education and Advocacy

Sage staff made presentations to more than 400 over the year, including providers of aging services, community members, organization leaders and LGBT youth. Sage Upstate collaborated with agencies around the state to develop a curriculum on LGBT aging, which has been presented to the New York State Long Term Care Ombudsman program, the Syracuse University Bioethics Committee, and other providers. As a member of the New York State LGBT Health and Human Services Network, Sage Upstate participated in advocacy efforts that resulted in state funding and a strong relationship with the New York State Office for Aging. In April, 25 Sagers traveled to Albany for meetings with legislators and a caucus with New York State Office for Aging Director, Michael Burgess.



Building Capacity

The Sage Upstate Board continued to work on Long Range Plan initiatives, including Community Building, Membership, Fundraising, Public Relations, and searching for expanded space. Board and Staff members participated in Race Dialogue Circles to help the organization become more responsive and inclusive to racial diversity issues. In addition, Barbara Johnson was hired as Office Manager in February. Over the year, Barbara has provided administrative support so more time can be spent on larger initiatives such as programming and education.

What year! And on top of all that, our float won an award in the CNY Pride Parade! Happy New Year to members, volunteers, and friends -- get ready for another great year.



Member Page

Trans Potluck



More than 30 attended the Sage Upstate Trans Potluck in December, which was a joint function with EON. The group has been drawing 15 - 30 aging trans folks for each monthly meeting.

See what all the fun's about ...

Join Sage Upstate TODAY!

Take a minute right now and use the membership form on the back of this newsletter to become a member of Sage Upstate.

At the December Second Sunday Potluck, we asked Sagers about their New Year's Resolutions.

Alan:
To not make resolutions!



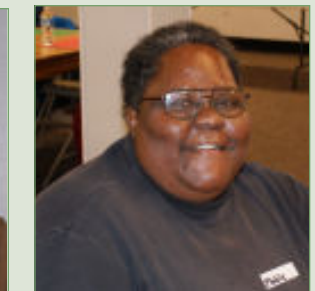
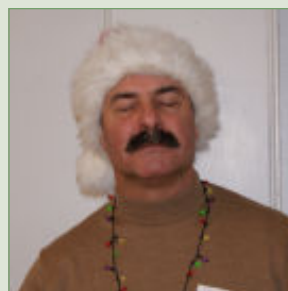
Cindy:
To be the best person I can be

Mary:
To prioritize projects to spend more quality time with family and friends



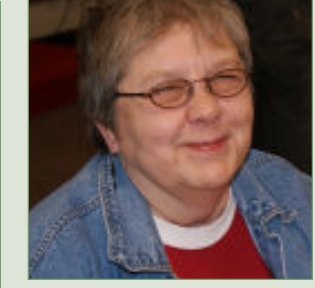
Ted:
To keep hanging in there!

Mark:
To find meaningful male bonding.



Mabel:
To come to Second Sunday Potlucks more often so I don't have to cook!

Charlottee and Laura:
To come to every Second Sunday Potluck in 2010!



Jackie:
To lose weight.

Mel and Diane:
To be a healthier "us" and to give back more to the community.



Sage Upstate:
To welcome many new members!

January 2010 Programs & Events

Unless otherwise noted, 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). To register, or for more information, contact Carrie Elliott at 315-478-1923 or celliott@sageupstate.org.

60+ Circle of Friends: 1/27. LGBTQ seniors 60 and older meet for lunch. Call for details.

Buddy Network Team Meeting: Monday, January 4th. 5:30.

HERS Group for Women: 1st, 3rd Wed 1/6, 1/20, 6 pm. Facilitator Susan White, MA. Group explores aging issues among LBT women. Please register in advance.

Karaoke: Sat 1/23, 6:30 pm. Perform solo or sing-a-long to your favorite songs with your Sage pals.

Knitting Circle: Wednesdays, 7 pm with instructor Deborah Hardy.

OUT To Lunch: 1/14, 1/21 12 - 1:30 pm. Lunch and learn series. On 1/14, "Crafting for Health" session on scrapbooking. On 1/21 exercise, stretching and pain management for aging. Lunch and materials are provided. Please register in advance.

Men's Night Out: 1st, 3rd Fri 1/1, 1/15, 6 pm. Join Sage guys for pizza, games, movies & fun.

Men's Empowerment: 2nd, 4th Wed 1/13, 1/27, 7 pm. Facilitator David Bullard, LMSW. Group explores aging issues among GBT men. Please register in advance.

Movie Matinee: Details to follow.

Monday Night Men's Group: Closed peer support group for GBT Men. Call to be added to waiting list.

Q Discussion and Social Group: 1st, 3rd Thu 1/7, 1/21, 7 pm. Peer led discussion group. See Program Page for details.

Race Dialogue Circles: Tuesdays starting January 12th, 6:30 pm. Dialogue circles are full, contact the Sage offices to sign up for future circles.

Sage Board Meets: Wed 1/20, 5:30 pm.

Second Sunday Potluck: Pain Management. 1/10, 4:30 pm. Bring a dish to pass if you are able.

Second Sunday Potluck Committee: Mon 1/11, 5 pm. Bring your energy and ideas -- all welcome.

Uzuri: 2nd Fri 1/8, 6:30 p. Social group for LGBTQ People of Color.

Transgender Potluck: Sat 1/16 5 pm. Potluck gathering for trans folks and their allies. Bring a dish to pass if you are able.

Volunteer Night: Th 1/28 6pm. Learn about volunteer opportunities, mail the newsletter, share pizza.

Regional Networks: Gatherings for older LGBT people and allies in their home areas. Bring a dish to pass if you are able.

Cayuga Network: 1/24, 2pm, Auburn Unitarian Church, 607 N Seward Ave. Chili Party, bring a dish to pass if you are able.

Cortland Network: 12/19, 4 pm, Cortland County LGBT Resource Center, 29 Central Ave, Cortland. Planning for 2010. Bring a dish to pass if you are able.

Oswego Network: 12/27, 2pm, Fallbrook, 103 Thompson Rd, Oswego, NY. Bermuda Shorts party. Short films and/or poker. Wear your bermuda shorts and bring a summer themed dish to pass if you are able.

'Tis the season for giving!

The members of UZURI want to wish everyone a peaceful, joyous and calm holiday season.

As we all know, this year was particularly hard for many families and individuals and yet you gave from the heart.

We just want to say THANKS to everyone that participated in our service project and open house.

Through your generous donations we were able to provide food, books, toys, toiletries and other personal care items to local LGBT families and families from the FACES program.

Thanks again and Happy New Year!

LGBT Affirming Recovery Resources:

Monday Nights, 7 pm, Women's Info:

Pride LGBT AI-Anon Meeting. Open to All; 601 Allen Street in Syracuse

Wednesday Nights, 8 pm, First English Lutheran Church:

Boys In The Band AA Group (Gay Men's Meeting); 501 James St., Syracuse

Sunday Nights, 7 pm, Women's Info:

Live and Let Live LGBT AA; 601 Allen St., Syracuse

Alcoholics Anonymous
315-463-5011 www.syrra.org

LGBT Aging: What Makes It Different?

In late 2009, the Senior Issues Committee of the New York State LGBT Health and Human Services Network released LGBT Aging: What Makes It Different?, a training curriculum on issues related to older LGBT people for providers of services for seniors and other audiences. This curriculum is the result of a long-term collaboration between organizations around the state serving older LGBT people, including those serving urban, suburban, and rural communities. Network organizations provide health and human services to more than 154,000 LGBT adults over the age of 55 each year.

Why cultural competency training?

Education offers providers with effective approaches to serving diverse communities. When providers make assumptions that "everyone should be treated the same," some people may be left out. For example, assuming that all older adults are English speaking limits the language used in discussion of relationships, life-reminding and many other programming activities. Likewise, assuming that all older adults are heterosexual limits the language used in discussion of relationships, life-reminding and many other programming activities. Cultural competency trainings help providers to increase their capacity to serve ALL who need them.

What makes a difference?

Like all older people, older LGBT adults face the challenges of aging, such as health challenges, financial worries, and isolation. What's different is that older LGBT people have less support to deal with these issues.

- ▶ Older LGBT people may be estranged from biological family members and are four times less likely to have children.
- ▶ Older LGBT adults are twice as likely to live alone.
- ▶ Despite lack of support, older LGBT people are less likely to reach out to mainstream services for fear of prejudice.
- ▶ When they do reach out, LGBT seniors may be treated as heterosexual and feel invisible, or identified as LGBT and treated unfairly because of it.

What can providers do?

Participants in cultural competency training sessions learn best practices for working with older LGBT people.

Visual Materials: Agencies should make sure that their publications and resource materials illustrate the many faces of aging. In addition, providers can display symbols of acceptance, such as the rainbow flag, "sage space stickers," or a Sage Upstate poster.

Intake Forms and Processes:

Use language in forms that will capture the range of family groups in the LGBT community. Using terms like "partner," or "caregiver," or "significant other" will help LGBT clients identify the important people around them who should be a part of their care.

Policies: Non-discrimination policies should include both sexual orientation and gender identity/expression. Policies need to be posted and well known, so everyone knows what to do if there is a problem. Training efforts on LGBT issues should be ongoing, inclusive, and offered for both staff and clients.

To schedule a training:

Contact Kim Dill at 315-478-1923 or kdill@sageupstate.org. For those outside of the Central New York Area, call toll free at 866-717-2640.

Trainings can be 1 hour, 2 hour, half-day, or longer. Presentations are tailored to the needs of the requesting agency.

Healthy Aging

January 2010

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 Men's Night Out 6pm	2
3	4 Buddy Network Team Meeting, 5:30 pm Monday Men's Group, 6 pm Variety is the Spice of Life Exercise Class, 6 pm	5	6 HERS Group, 6pm Knitting Circle, 7pm	7 Q Discussion and Social Group, 7 pm	8 Uzuri, 6:30 pm	9
10 Second Sunday Potluck: Pain Management Techniques, 4:30 pm	11 Potluck Cmtee, 5 Monday Men's Group, 6 pm	12 Race Dialogue Circles, 6:30 pm	13 Knitting Circle, 7pm Men's Empowerment, 7pm	14 Lunch and Learn: Crafting for Health, 12:00 pm	15 Men's Night Out 6pm	16 *Cortland County Group, 4 pm Trans Potluck, 5pm
17	18 Monday Men's Group, 6 pm	19 Race Dialogue Circles, 6:30 pm	20 Sage Board 5:30 pm HERS Group, 6pm Knitting Circle, 7pm	21 Lunch and Learn: Exercise and Pain Management, 12:00 pm *Q Discussion and Social Group, 7 pm	22 Women's Social Planning 6-8pm	23 Karaoke, 6:30 pm
24 *Cayuga County Group, 2 pm *Oswego County Group, 2 pm	25 Monday Men's Group, 6 pm	26 Race Dialogue Circles, 6:30 pm	27 *60+ Circle of Friends, 12:30 pm Knitting Circle, 7pm Men's Empowerment, 7pm	28 Volunteer Night, 6 pm	29	30 Presentation on name change petition, 10 - 1 (see page 3)
31						



Please support the business donors on this page -- they support the LGBT community!

Vivian Derrickson, CFP, CLU

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Vera House

Main Office: 315-425-0818
 Hotline Numbers:
 315-468-3260, 422-7273
 TTY Crisis Line: 315-484-7263
 www.verhaouse.org
Vera House is proud to serve LGBTQ survivors of relationship and sexual violence, and elder abuse

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