

Services and Advocacy for GLBT Elders

New Board Members To Be Elected

At our Annual Meeting on April 10, seven new SAGE Upstate board members will be elected. In addition, three current board members are running for re-election: **Helen Landfear**, retired teacher and SAGE Upstate Membership Chair; **David Leslie**, Ex-Marine and Commander of Onondaga County Veterans Council; and **Akosua Woods**, Board Recording Clerk, Uzuri leader, member of the Community Building Committee. Here are the candidates (Ron, Maria, and Jim have been serving out terms of former board members since the start of the year):

Forrest Antrum: Longtime SAGE Upstate volunteer and local speaker and activist.

Ron Baldwin: Retired teacher, member of the SGLC, active SAGE volunteer and leader of several SAGE groups.

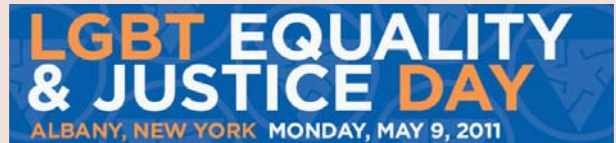
Dr. Betty Carlisle: Semi-retired doctor who now works in emergency care; adjunct professor at OCC.

Amanda Furco: Retired paramedic/director of emergency response team at Carrier; leader of SAGE trans group

Maria Grice: Director of Radiation at Hematology Oncology Assoc of CNY; focus on healthcare needs of the aging

Douglas Goldschmidt: Clinical Social Worker; former therapist at SAGE in NYC, led a men's group for SAGE Upstate

Jim Simonis: Long-time SAGE Upstate member, former Board Chair and Treasurer; retired Lemoyne Library director.



Would you like to join LGBT activists from around the state in Albany to educate legislators on the needs of our community? Join other SAGERS on May 9 -- we'll be carpooling from the SAGE office.

Equality and Justice Day will feature meetings with legislators, a rally at the Statehouse, an LGBT Aging Issues caucus, and other caucuses. The Empire State Pride Agenda, which is hosting the event again this year, is expecting 1,500 activists to converge in the Capital.

To register: www.prideagenda.org or 518-472-3330. Scholarships are available -- contact Kim Dill at 478-1923 or kdill@sageupstate.org.

After you've registered, if you would like to travel to Albany with other SAGERS -- contact our office. The SAGE office is on a bus line, so if you can get yourself here we will find a ride for you.

**SECOND
SUNDAY POTLUCK**

2011 Annual Meeting April 10

Join us for our annual report to members and the community on our work in 2010.
Social time starting at 4 pm; Program at 5 pm, Dinner at 6 pm.

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

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
Barbara Johnson, Office Manager

SAGE Upstate Board:
Barb Genton, Chair
Arlene Ahl, Vice-Chair
Casey Sprock, Treasurer
Akosua Woods, Recording Clerk
Ron Baldwin
Amanda Furco
Maria Grice
Helen Landfear
David Leslie
Marilyn Pinsky
Jim Simonis
Ralph Valente

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, and SAGE USA. 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

by Kim Dill

Bring On Spring

It's my absolute favorite season of the year. It always was, but after living in Syracuse for the past 7 years, I love Spring even more. That crazy, happy, feeling the first time you can drive with the car windows rolled down. The smell of the outside. The way that the trees are bare one day, and the next time you look they are full of green. I'm fully prepared for more snow and I don't get disappointed any more when it comes, but Spring means the end is near.

Sure, it's warmer weather that makes it great; being outside; the sun. But it's more than that. It's possibilities, new starts, growth. And SAGE Upstate is in sync with Mother Nature this year. We are about ready to hire a new Program Coordinator and we'll celebrate Pride season with a new type of event for us -- an art exhibit. As you know, we are also thinking about moving into a new space.

The next time I write my newsletter column I will be welcoming our new Program Coordinator. We received more than 40 resumes and we are currently interviewing the most qualified men and women who applied. We've heard from some extremely qualified candidates and I am sure that whoever we hire out of this bunch will be great.

In April, the Art of Aging Pastels class will wind down -- this is the last in a series of three classes helping SAGErs to express their feelings on aging through art. Pieces created in the classes will be on display at ArtRage Gallery from mid-June through mid-July. There will be an opening and other events. Arts programs have been shown to improve physical and mental well being of participants, and participants have given extremely positive feedback about the classes. Please come out and support the events at ArtRage so we will be able to offer a series next year.

Finally, we are still looking at a move into the CNY Philanthropy Center at Fayette and Townsend. If we are to make this move, or any move to a larger space, we will need community support. Over the next month we'll be updating our members and supporters, offering more tours (some in the evening) of the facility, and asking for donations. We have a generous donation from a member, and some grant funding from the ADVANS Program through the Gifford Foundation. We need community members to supply some matching funds to get us all the way there financially. Please consider helping in any way you can.

With so much going on, we needed to move the Spring Dance, originally set for April 16, to May 14 at First UU on Waring Rd. For more info, see the article in this issue.

Hope to see you at an event this month. --Kim

AROUND TOWN

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Card

Happy
60th
Birthday
John!



YOUR
Space



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Mary:
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It's your space -- do
what you want with it.

Do you want to reach an
average of 60 per month at
2nd Sunday Potlucks with
your message or ad? Use a
space. Recognize the birth-
day girl, salute the happy

couple on their 25th anniversary, remember
a loved one. Get the word out about your or-
ganization's event, your business or service.

SAGE members and participants are loyal to
businesses and service providers that sup-
port their community. Reach them with a
space. In addition, placemats will be posted
in the meeting rooms of the SAGE Upstate
Center where an average of 25 activities
are held each month. **\$15 per space for one
month's use. \$35 for three months. Drop in a
business card size ad, send us your own for-
matted text, let us design it.**

▼ The Media Unit presents *Larry and Linda: A story of love, basketball, and sexual orientation* on May 14 - 15 at Syracuse Stage's Black Box Theatre (Saturday 5-14, 7:30 pm; Sunday 5-15, 2 pm). The play explores attitudes toward LGBT people, focusing two high school basketball players -- one male, one female; one out, one closeted. For more information or for tickets (\$5), call the Media Unit at 478-8648.

▼ The Syracuse Gay and Lesbian Chorus presents *Poets & Dreamers*, a Spring Concert on April 29 and 30 at Pebble Hill Presbyterian Church, 5299 Jamesville Rd in Dewitt. Tickets (\$15 advance/ \$18 door and \$12 advance/ \$15 door for students and seniors) can be purchased at www.syrglc.org.

▼ CNY Reads will present a *Memoir Writing Seminar* on Saturday, April 9, 2:30 - 4 pm at the Paine Branch of the Onondaga County Public Library System, 113 Nichols Ave. Rebecca Serrett, a former trade magazine editor and community journalist, will lead the class. She has been helping new and experienced writers improve their craft for nearly 15 years and is currently an instructor at the YMCA's Downtown Writer's Center.

▼ The Onondaga County Department of Aging and Youth will hold its *Institute for Caregivers* featuring sessions held from April to July. All classes are free and open to the public, and are designed to address some of the challenges faced by caregivers. Class topics include: making your home safe; nutrition, adult day programs, Alzheimer's basics, Long Term Care options, and managing the challenging behaviors of dementia. For more info or to register: cstevenson@ongov.net with "ICare" in the subject line; 435-2362, ext 139 or 140. You can also mail or fax in a registration form -- pick up a registration booklet at SAGE Upstate.

Spring Dance

The Annual SAGE Upstate Spring Dance will be held on May 14
7:30 - 11:30 pm, First Unitarian Universalist Society at Waring and Nottingham

Pizza, refreshments, 50/50 Raffle. Details in next month's issue.

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our local LGBT
community.



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Poets & Dreamers

Presented by the Syracuse Gay & Lesbian Chorus

April 29 & 30, 2011 8:00PM

Pebble Hill Presbyterian Church
5299 Jamesville Road, DeWitt

\$15 Advance/\$18 Door
\$12 Advance/\$15 Door (Students/Seniors)



Singing with PRIDE since 1991.

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www.syrglc.org

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TTY: 484-7263

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L - R: The Women's Social in March was well attended and the gals enjoyed snacks, pitch, and each other; (above) Greg and Scott celebrated birthdays and their 24 year anniversary at the potluck; Aaron and Tara Lambert of Nutritional Wellness Center presented at the potluck

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
APRIL 2011 Unless otherwise noted with * , all activities held at SAGE Upstate Center, 501 James St. @ Townsend in the First English Lutheran Church. Event details on page 7. Info: 315-478-1923.				1 Men's Night Out, 6	2 3
4 Monday Men's Group, 6 HERS Group for Women, 6	5 Common Bonds, 6	6 Pastels, 5:30 What Do Gay Men Want? 6 Knitting, 7	7	8 Daytime: Poker & a Movie, noon Uzuri, 6:30	9 10 Second Sunday Potluck, 4
11 Monday Men's Group, 6 HERS Group for Women, 6	12 Potluck Committee, 5:30	13 What Do Gay Men Want? 6 Pastels, 5:30 Knitting, 7	14 Q Discussion, 7	15 Men's Night Out, 6	16 Transpotluck, 5 17 *Oswego, 2
18 Monday Men's Group, 6 HERS Group for Women, 6	19 3rd Tuesday Movie, 7	20 *60+, 12:30 SAGE Board, 5:30 Pastels, 5:30 Knitting, 7	21 Open Minds Mental Health Suppt. Group, 6	22 Women's Social, 6	23 Karaoke, 6:30 24
25 Monday Men's Group, 6 HERS Group for Women, 6	26	27 What Do Gay Men Want? 6 Pastels, 5:30 Knitting, 7	28 *Q Discussion, 7	29	30

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

Empower, Deraux Branch
Federal Credit Union
426-5726, empowerfcu.com

Nottingham Pet Clinic
120 Julian Plaza, 315-446-9241

Syracuse University
LGBT Resource Center
443-3983

Sparky Town Restaurant
324 Burnet Ave.
Mon - Fri 11 - 8, Sat 8 - 3

Branch's Driving School
478-2446
DriveWithBranchs.com

Cooperative Federal
Credit Union
471-1116 www.coopfed.org

**A WELCOMING
ENVIRONMENT FOR ALL**

SAGE Upstate is committed to creating an environment where ALL older LGBT people feel welcome and a sense of belonging. If you or someone you know experiences anything different at a SAGE Upstate function, please let us know. SAGE Upstate will provide needed education and support when necessary. Contact Kim Dill at 315-478-1923 or kdill@SAGEupstate.org.

Tricky Ways To Lose Weight *from AARP Bulletin*

Spring is near and we'll be wearing less -- when we take off the sweaters, why not take off a few pounds too? Two out of three American adults are now overweight or obese, and the health effects are grim. We all know this, but the "fix" -- eating less, exercising more -- may not sound as delightful as Spring flowers. What if you could "trick" yourself into losing weight? The AARP bulletin this month suggests these tips.

Drop 100

If you cut just 100 calories from your diet each day, you could lose 10 pounds in a year. This could be half a bagel, a slice of bread, a piece of cheese, a cookie. Find 100 in your daily diet and drop them until it becomes a habit.

The Smaller The Plate . . .

Dinner plates have grown over the years, and as a result so has the American waist. Try a 10 inch plate -- less size means smaller portions. Trick your brain by filling up your plate, but you'll still be eating less.

Go Dutch and Beyond

Don't stop at the check -- split the food too. Since restaurant portions can be two to four times more than recommended serving sizes, it probably won't even seem like a half-sized meal. You could also order soup with the meal -- studies show people eat less when they have soup before dinner.



Spice It Up . . .

Capsaicin, the natural substance that makes peppers hot, revs up metabolism and helps the body burn calories. One study actually found Capsaicin prevents fat cells from developing.

. . . And Cool It Down

When you drink iced water your body has to spend energy to warm it up. You might burn 8 calories for one 8-ounce glass of water. It adds up (you should be drinking lots of water any way).

Use Chopsticks

It takes your brain 20 minutes to get the message that you are full. Eating fast with big bites puts your mouth ahead of your brain. Chopsticks (learn to use them if you don't know how) will slow you down and keep your bites smaller.

Double Your Pleasure, Not Your Calories

Are you an afternoon snacker? Try sugarless gum instead and shave calories off your daily intake. You'll probably snack less if you chew gum more.

If It Sounds Too Good To Be True, It Isn't

Many of us who have switched to diet drinks may have a false sense of security. It is better than drinking sugar-packed soda, but diet drinks can have bad consequences too. Use diet soda to transition from high-test, then move on to minimally-sweetened beverages, such as tea or coffee.

Step It Up

Wearing a pedometer can motivate you to walk more. Clip on a pedometer and measure your daily distance -- then try to beat it each day. Log your numbers and work up to 10,000 steps each day (about five miles).

Go Urban

People who live in cities tend to weigh less because they walk more. Walk like CNY is NYC -- to the farmer's market, the movies, the book store. Find some cool places within walking distance in your neighborhood.



Read the full article and get more health tips at www.AARP.org

HEALTHY AGING

APRIL 2011 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 info: 315-478-1923.

60+ Circle of Friends: 4/20, 12:30 pm. LGBTQ people age 60 and older meet for lunch. Call for location/details.

Common Bonds Group: 4/5, 6 pm. Discussion group on how our community is diverse and also the things we have in common.

Daytime Social: Poker and Soup, noon on 4/8. Come join us for a poker game in the center. We'll have soups on hand – everyone should bring a sandwich or two to share.

HERS Group for Women: Mondays, 6 pm. 6-week support/empowerment group for SAGE women; facilitated by Susan White, LMFT

Karaoke: Come join your SAGE friends on 4/23 at 6:30pm.

Knitting/Needle-point/Crocheting Circle: Wednesdays, 7 pm, led by Deborah Hardy. For beginners and those more experienced too – open to all .

Men's Night Out: 1st and 3rd Fri 4/1 and 4/15, 6 pm. Join SAGE guys for pizza, games, movies & fun.

Monday Night Men's Group: Closed support group for men. Mondays at 6pm. New members are accepted twice per year.

Open Mind Mental Health Support Group: Safe space/peer support group for LGBT people with a mental health condition. 3rd Thursday, 4/21, 6 - 8 pm. Info: 478-1923 or Vivian Chapellier, 315-475-1994. Co-sponsors: SAGE Upstate, Transitional Living Services

Oswego Network, 4/17, 2 pm, at Fallbrook, 103 Thompson Rd, Oswego. Bring a dish to pass if you are able.

Pastels: SAGE Upstate Art of Aging Pastels class; Wednesdays, 5:30

Q Discussion and Social Group: 2nd Thu (4/14), 7 pm at SAGE Upstate, 4th Thu (4/28), 7 pm meets in the community. Call for details.

SAGE Upstate Board: Meets on 4/20 at 5:30pm.

Second Sunday Potluck: Annual Meeting. 4/10. Social Hour 4:00, Program 5:00, Dinner 6:00. Please bring a dish to pass if able.

Second Sunday Potluck Committee: Tuesday, 4/12, 5:30 pm. Bring your energy and ideas — all are welcome.

3rd Tuesday Movie Night: 4/19, 7. Burlesque. Popcorn/soda.

Transpotluck: SAGE potluck for trans people as they age. 4/16, 5pm. Bring a dish to pass if you are able.

Uzuri Goes to the Theatre: Mona de Vestel's one-woman show. 2nd Fri 4/8, 6:30. Social group for aging LGBTQ People of Color.

What Do Gay Men Want? Wed 4/6, 4/13, 4/27. Empowerment/Support Group for SAGE men facilitated by David Bullard, LMSW

Women's Social: Fri, 4/22, 6 pm. Sage women gather for cards, movies, soda, snacks, meeting new friends and old pals.

Third Tuesday Movie

Movie Night @ SAGE Upstate will be held on 4/19, 7 pm with the movie, Burlesque starring Christina Aguilera and Cher.



Common Bonds 1st Tuesday

The Common Bonds Discussion Group meets on the first Tuesday (this month 4/5) to discuss the "isms" that divide the LGBT community and how we can find common ground.

Oswego/ Cayuga Groups in April

The Oswego Network will meet on the 3rd Sunday (4/17) instead of their regular meeting day (4th Sunday which is Easter). Sagers will meet for a potluck at the home of Sandy Davis and Mary Gillen at 2 pm. For info/directions, call SAGE. The Cayuga County Regional Network is surveying its members on meeting time and what they would like to see. The survey is at www.sage-upstate.org click on Programs, then Regional Networks.



Bereavement Group: 4/19 - 5/24

A 6-week series for LGBT people grieving the death of a loved one will meet on Tuesdays at 7 pm in the SAGE Upstate Center. The group will be facilitated by Arlene Ahl, LCSW, and Geri Lynne Jackson, LMFT. Pre-registration is required, call Arlene at 422-6828, ext. 9.



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Email _____ Phone _____

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

- My dues are enclosed
- Please bill my credit card

\$150 \$100 \$50 \$35 Other \$ _____

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 SAGE Upstate 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