

April Potluck Will Feature Sage Upstate's Annual Meeting

Sage Upstate will hold its Annual Meeting, April 13th at 4:30 pm, at the Second Sunday Potluck, First English Lutheran Church, 501 James St. The gathering is an opportunity to share the 2007 Annual Report with members and the community. Sage Upstate has seen much change over the past year -- we have experienced growth in the Sage Upstate Center, in our regional networks, and in the number of events and advocacy efforts held in 2007. Last year we offered more social programs, member led classes, and health programs to LGBT seniors in CNY than ever before. Our staff grew as well. We now have a presence in five counties. With the help of volunteers, our center in Syracuse is open weekdays from 10-6 and our newsletter is delivered to over 50 community locations each month. Come join us on April 13th and learn more about Sage Upstate's work in 2007.

**Second Sunday Potluck:
April 13, 4:30 pm**

Annual Meeting

Join us for the 2007 report from the Sage Upstate Board.

Following the meeting, Sam Basile's Acting/Auditioning Class will present monologues.

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

Sage Upstate to Participate in Statewide Summit and Advocacy Day

Sage Upstate will send more than 20 participants to Albany at the end of April to two statewide events -- "Aging On Our Own Terms," a summit for LGBT Seniors, and Equality and Justice Day, an advocacy day coordinated by the Empire State Pride Agenda.

"Aging On Our Own Terms" is being organized by the New York State LGBT Health and Human Service Network's Senior Issues Committee. Held on Monday April 28, the summit will address issues and legislation affecting LGBT people as they age. The New York State Office for Aging will hold a town meeting to hear from LGBT seniors about the concerns and issues facing our community. LGBT seniors from organizations from around the state will attend. Summit participants will stay the night in downtown Albany, then attend Equality and Justice Day on Tuesday, April 29.

Equality and Justice Day offers LGBT New Yorkers the chance to meet with their legislators on issues such as marriage equality, transgender non-discrimination protections, safe schools for LGBT youth, and funding for community organizations. Last year the event drew more than 1,000 participants from around the state.

LGBT seniors can register for the summit and E&J Day for \$30. Sage Upstate will cover hotel costs for its participants. Those interested should contact Kim Dill (315-478-1923 or kdill@sageupstate.org) as soon as possible -- there are a limited number of spots available and the event will probably reach full capacity in early April. People who are interested in Equality & Justice Day can also contact Sage Upstate, or visit www.prideagenda.org.

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Sage Upstate News is published monthly for the older lesbian, gay, bisexual and transgender communities of Central New York by the staff/volunteers of Sage Upstate.

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Sage Upstate is an intergenerational and culturally diverse organization committed to addressing needs specific to older lesbians, gay men, bisexual, and transgender persons in CNY.

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

Sage Upstate presents a wide variety of programs that may entertain as well as provide information, 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 presentations, and should in no way be considered a recommendation or endorsement by SAGE/Upstate.

Around Town

▼ On Saturday, April 5th, renowned artist **Miss Richfield 1981** will be performing in Syracuse as a benefit for 2 local charities; CNY Pride and SyracuseCares. The performance will be held at the Palace Theater, 2348 James Street in Syracuse, at 8:00 PM. A buffet of homemade desserts will precede the show. Tickets are \$25 in advance or \$30 at the door and may be purchased online at www.cnypride.org. VIP tickets for seats directly in front of the stage are also available for \$40.

▼ On April 19th at 7:00 **Mara Keisling**, Founding Executive Director of the National Center for Transgender Equality (NCTE), will speak at Syracuse University on the recent debate in Washington over the Employment Non-Discrimination Act (ENDA). ENDA left out gender identity, which caused protest by over 360 organizations, including many LGBT organizations. The organizations came together to affirm their unity in that the LGBT community is one community linked by our support for civil rights protections for all lesbian, gay, bisexual and transgender people. Keisling's talk will take place in Watson Theater, 405 University Place, Syracuse University.

▼ The **Institute for Caregivers** is offering a six week program, **Powerful Tools For Caregivers**, running on Thursdays from April 24th to May 29th from 9:30 to noon. The program is designed to provide caregivers of older persons with the tools needed to take care of themselves, such as information on how to reduce stress, improve confidence, locate resources and balance their lives. The class is free, but there is a \$30 fee to cover materials. For more information or to register contact the Department of Aging and Youth, 435-2362 x140 or x139.

▼ The **Syracuse University Gerontology Center** is launching a **Life-long Learning Institute** specifically designed for individuals over 50. Courses will be offered May 12 to June 5, 2008. Courses are noncredit and are not graded. The two-hour classes will meet twice a week for four weeks (16 contact hours). All classes will be held at the Goldstein Student Center, Skytop Road, South Campus, with free and convenient parking and accessible facilities. To learn more about visit <http://maxwell.syr.edu/cpr/gerontology>. To register contact Martha Bonney at 315-443-2703 or mwbonney@maxwell.syr.edu.

▼ On Friday & Saturday, May 30-31, 7pm, at the **Women's INFORMATION Center**, 601 Allen St. in Syracuse, the public is invited to view a photo exhibit and the films, "Every Woman Here: Remnants of Seneca 1982-2006" and "Stronger Than Before", the award-winning video shown on PBS. Discussion, refreshments, music and dancing will follow. The films tell the story of the Seneca Women's Peace Camp. If you were at the Peace Camp, even briefly, and would like to be interviewed on video to have your experiences archived, please contact Susie Kossack, 607-277-1236, msskossack@yahoo.com.

April Programming Updates

Sage to Offer Spanish Class

Sage member Jerry Smith will teach 7 sessions of a "Conversational Spanish" class this month on Tuesday and Thursday nights from 5 - 7 pm starting April 10 and running until May 1. Lessons will be repeated twice each week, and participants are welcome to come to one class per week, or to attend both classes each week for additional practice.

Acting Lessons Open Up to New Members

Sage member Sam Basile will open his Acting Lessons to new members beginning April 7th. The classes run from 6 - 8 pm Monday evenings. Sam has years of experience in theater. His current actors will perform monologues this month at our April Potluck.

60+ Circle of Friends Activities in April

Sage's "60+ Circle of Friends" group will continue to meet twice a month, meeting the 2nd Wednesday of the month here at Sage and the 4th Wednesday for lunch at a local restaurant. On April 9 at 3 pm in the Sage Upstate Center, the group will discuss hobbies and special interests. On April 23rd the group will meet at 12:30pm at Sage and drive together for lunch at a seasonal Mexican Restaurant, Boom Boom Mex Mex.

Upcoming Uzuri Topics

Sage's Uzuri group for LGBT people of color has exciting topics coming up over the next few months. On **April 11th** the group will watch the film *All God's Children*, a documentary about the Black Church and the role that the church plays in creating a commitment to equal rights and social justice for all people. On **May 9th**, the theme will be - "What's on Your Mind Tonight?". Whether profound or light, silly or serious, come and share! On **June 13th**, Uzuri will have an Open House. Want to know what Uzuri is all about? Come find out, meet the members, and spend an evening with us. The Open House is open to all members of the Sage community. Refreshments will be served. Sage Upstate's Uzuri Group for LGBT People of Color meets the 2nd Friday of every month at 6 pm at the Sage Upstate Center. Come join us for good food, good friends, and great conversation.

Do you have an idea for the Sage Upstate Pride Float theme?

Contact us: 315-478-1923
kdill@sageupstate.org

Improving Longevity Nutrition Make Up Session

We have scheduled an Improving Longevity make-up session April 14th, 6pm as the fact that the February session was cancelled due to bad weather. Maria Mahar from the Onondaga County Department of Aging and Youth will present on nutrition and its effect on longevity. The presentation will include cooking demonstrations as well as nutrition information.

Odd Tuesday Game and Gather April Meetings

The Odd Tuesday Game and Gather Group will meet three times in April, because there are three odd Tuesdays this month! Come join us April 1, 15 and 29 for games, snacks, and good company. If you have other ideas for possible daytime programming or want more information about existing programs at Sage contact Carrie at 315-478-1923 or celliott@sageupstate.org.

Regional Networks

Sage Upstate's **Cortland County** Regional Network will meet on April 26 at the Access to Independence Center at 6pm. The gathering will feature games, good conversations, and a potluck supper with other Cortland County Sagers. Bring a dish to pass if you are able. The **Jefferson County** Regional Group will meet April 6 at 1:30 pm at the All Souls Unitarian Church in Watertown to discuss alternative approaches to good health. The group's May meeting, which will take place May 4, will feature a visit to the local zoo, a hike, and a meal afterwards at the church. Sage's **Oneida County** Regional Network will meet April 18 at the home of Sage members Jeff Sterling and Mil Decker. The evening will feature a potluck and social gathering, bring a dish to pass if you are able. Sage's **Oswego County** Group will also meet in April, call 478-1923 or e-mail celliott@sageupstate.org for meeting time/location.

LGBT Affirming Recovery Resources

Wednesday Nights, 8 pm, 501 James Street in Syracuse: Boys In The Band Group of Alcoholics Anonymous (Gay Men's Meeting)

Sunday Nights, 7 pm, Women's Info, 601 Allen Street in Syracuse: Live and Let Live LGBT Alcoholics Anonymous Meeting

Monday Nights, 7 pm, Women's Info, 601 Allen Street in Syracuse: Monday Night Pride LGBT AI-Anon Meeting

Sage Upstate Calendar: April | 2008

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: 2nd & 4th Wednesday. Social group for people 60 and older. On 4/9 the group meets at Sage Upstate Center, 3pm. On 4/23 meet at Sage at 12:30 to drive together to go out to lunch.

Acting Classes: Sam Basile is opening his Auditioning Classes/Acting Classes to new members. The classes meet on Monday nights, at 6 pm (4/7, 4/14, 4/21, 4/28).

Coming Out Later In Life: 1st & 3rd Thursdays (4/3, 4/17), 7 pm. Peer led discussion group; members share experiences, find connections & support.

Guitar Group: 1st & 3rd Thursday (4/3, 4/17) from 6-7 at the Sage Upstate Center. Group is for amateur guitar players looking to play and learn with others.

HERS Group for Women: 1st, 3rd & 5th Wednesday (4/2, 4/16, 4/30), 6 pm. Facilitated by Susan White, MA. This group explores aging issues among lesbian, bisexual, and transgender women. Please register in advance.

Improving Longevity: On 4/14, 6pm, Maria Mahar will present on the role of nutrition in improving longevity.

Knitting Circle: Meets every Wednesday 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 (4/9, 4/23), 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, (4/4, 4/18) 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.

Odd Tuesday Game and Gather: Gather socially with friends from Sage for games, snacks, and friendly conversation. Odd Tuesdays (4/1, 4/15, 4/29) at 1 pm.

PFLAG Focus Group: April 22nd, 6pm. See article on page 7 for more information.

Rainbow Alliance of Central New York: April 24, 5 pm. Meeting of local coalition of LGBT organizations.

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: Friday, April 25, 6pm, Access to Independence Center, 22 N Main St, Cortland.

Jefferson Network: Sunday, April 6, All Souls Unitarian Universalist, 1330 Gotham St, Watertown, 1:30pm.

Oneida Network: Friday, April 18, Home of Jeff Sterling and Mil Decker, 412 Rutger St, Utica, 6pm.

Oswego Network: Call for date and time.

Sage Board Meets: Wednesday, April 9, 5:15 pm.

Second Sunday Potluck --Annual Meeting: 4:30 Sunday, April 13. The Sage Board will give its annual report. The potluck will also feature short monologues from Sam Basile's Acting/Auditioning Class. Bring a main dish, side dish, or dessert to pass, if you are able.

Second Sunday Potluck Committee: We need your energy and ideas! Monday, April 14, 5 pm.

Spanish Class: Sage member Jerry Smith will lead a Spanish Class Tuesdays and Thursdays 4/10 - 5/1 at 5:00.

Transgender Support Group: Sage's Transgender Group meets the 3rd Tuesday of the month (4/15) at 6:30. Peer support group for older and aging Trans people. Will feature discussion on obtaining IDs.

Uzuri: April 11, 6:30 pm. This month's meeting features the film *All God's Children* and discussion.

Volunteer Night: Join us on Thursday, May 1st at 6 pm for some pizza and soda, to help us mail out the newsletter and to hear about volunteer opportunities.

Women's Coffeehouse: Fourth Friday (4/25) at 6:30 pm. Enjoy coffee, soft drinks, pizza, games, movies and socializing with other Sage women.

Working OUT Yoga classes continue on Saturdays in March, at 10:30. Please register in advance.

Sage Upstate Annual Appeal: Donation Record Set

Sage wrapped up our Annual Appeal drive in February, after raising more than ever before - a total of \$9,299 from 92 generous donors. The average gift was \$101.



**Sage Upstate thanks all of
our wonderful donors!**

New Trans Group Will Feature Discussion on Obtaining IDs

Sage Upstate's new Transgender Peer Discussion group meets again on the third Tuesday of the month - April 15 - at 6:30 pm. This month the group meeting will feature a presentation on how to obtain identification, such as passports, licenses, etc, as a trans person. Snacks will be provided. Each month the Transgender Group will meet for an informational presentation and discussion of a topic relevant to the lives and experiences of trans people. If you have a topic that you'd like discussed at one of our meetings, call Sage at 478-1923 or email celliott@sageupstate.org.

FACES Program GLBT Unit hosts MoNsta MiXer for LGBT People of Color

Save the date: Friday April 25th 7 - 12pm at the Southwest Community Center, 401 South Ave.
Hosted by Silky. Call 558-8597 to RSVP.

Food and cocktails available for sale. Music by DJTiz. Performances by Eyesys.



Spring Dance Set For May

Sage Upstate has swept up the sand from its Beach Party Dance in March, but don't put your dancing shoes away yet. There's another Sage dance coming your way this May. The Spring Dance will be held on Saturday May 17 7:30-11:30 pm at a new location: the First Unitarian Universalist Church, 109 Waring Rd in Syracuse. The dance will feature pizza and snacks, dancing with DJ Kuma (aka Denise Dwyer), and a 50/50 raffle. As always, we're looking for interested volunteers to help out at the door, in the kitchen, and to help set up and clean up. If you're interested in volunteering, contact Carrie Elliott at 478-1923 or celliott@sageupstate.org. Look for more information about our Spring Dance in our May Newsletter.

Allies Encouraged to Attend PFLAG Focus Group at Sage

Over the years, PFLAG (Parents, Families, and Friends of Lesbians and Gays) Syracuse has supported families and friends of LGBT people in numerous ways, including holding support meetings, staffing tables at community events, offering a telephone helpline, and educating legislators on LGBT issues.

As long-term members step down from leadership positions, today the organization is struggling through a critical transition and is calling for feedback and support from the local LGBT community. Sage Upstate will host the first of 3 focus groups to gather information from friends and families of LGBT people. The meeting will take place Tuesday, April 22 at 6pm.

A workgroup of community leaders and concerned supporters formed in November of 2007 to help PFLAG Syracuse find new leaders and move forward. Sage Upstate participates in this workgroup.

Many families and friends over the years have come to PFLAG in crisis, and have gained the strength they need to go back to their lives. Only a small number have stayed on to provide leadership. The fact is, when someone no longer needs PFLAG, that's when PFLAG needs them. PFLAG needs people who are supportive to help others who are struggling. Each month new parents and others reach out to PFLAG for the first time. They need a safe place to come and talk about what they are going through. They need to hear from people who have been there.

Sage members and friends are encouraged to reach out to their families and allies with an invitation to the focus group at Sage. LGBT people are invited to participate as well. Participants will give feedback on current PFLAG activities and directions for the future. Refreshments will be provided. To RSVP or for more information, please contact Kim Dill at 315-478-1923 or kdill@sageupstate.org.

Health & Wellness Page



Stay Fit with Martina

Tennis great and out lesbian Martina Navratilova has been named AARP's Health and Fitness Ambassador in an alliance created to help AARP's over 39 million members lead active, healthy lives. Visitors to AARP's fitness website (www.AARPFitness.com) and organization website (www.aarp.org) will be able to access Martina's tips, exercise routines, Q&As and video messages. This month's Health and Wellness Page offers Martina's suggestions for staying fit through the colder months: "It's time to start getting fit and healthy for spring! Exercise helps combat winter depression and seasonal disorders. No matter what you do, make sure you're doing something!"

Stay active, do what you love, jam out!

Take some extra steps at work, go to the mall -- the little things add up quickly. If you haven't been to a gym in a while, the best way to get back into the swing of things is to do something you love. Play basketball instead of lifting weights, take a long power walk instead of pedaling the stationary bike. Listening to tunes also gets you pumped up -- build a few great playlists that get you excited to go to the gym.

Make your goals specific.

Instead of resolving to "work out more," promise yourself you are going to go to the gym four times a week or do a set of sit-ups before you start each day. Each time you go to the gym, set a target for the day -- do a certain number of miles on the treadmill, an extra set of reps while lifting, or just keep up with your buddy for the day.

Cut down on red meat.

Too much red meat can be hard on your system, so make it a treat. High in saturated fat, red meat is also quite difficult to digest for people 50 and older. Choose that fresh fish rather than the big steak.

Stay healthy with stews & soups.

It's easy to throw together a bunch of fresh organic items into one pot. You can make the base for the stew from some pretty simple ingredients. Spices and vegetables provide most of the flavor for stews instead of fatty ingredients like butter.



Forego the designer coffee drinks.

If you have to get your fix of caffeine, do it with coffee instead of mocha latte or a blended drink. Many of the concoctions at your local Starbucks have more than 700 calories! Try a cup of coffee with a bit of skim milk -- it has only a few calories and the same pick-me-up power as those calorie-laden lattes.



Substitute healthier ingredients

Recipes were made to be messed with. Use alternative, healthier, ingredients. Cook with broth (low-sodium vegetable, low-fat chicken or low-fat beef) instead of oils. Use vinaigrettes or citrus juice based dressings instead of creamy ones, which are often full of saturated fat. Try olive oil, skim milk, or yogurt instead of butter cream. For dessert recipes, try evaporated skim milk or yogurt instead of heavy cream. For cakes and other desserts, substitute fresh fruit puree as a topping instead of frosting. And one of my favorites: pancakes with applesauce, not maple syrup.

Stick to the grocery list.

Don't buy impulsively and, by all means, don't go to the store when you are hungry! That's when you'll decide you just cannot live without cheese puffs and that it'd be just fine to buy a jumbo box of Oreos. Go on a full stomach and don't deviate from your list. You made it for a reason!

Health and Wellness Page Source: AARP (www.aarp.org). 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.