

## Aging, Medicine, and Alcohol

As we age, our reactions to medicines and alcohol change. Medications may not mix well – with prescription medicine, with over-the-counter medicine, with herbal remedies, and with alcohol. April is Alcohol Awareness Month. Make sure you have all of the facts by reading the information on this page, which is provided by the US Department of Health and Human Services.

### As we age . . .

As we grow older the need to take different kinds of medications tends to increase, and our bodies respond differently to alcohol and to medication. Changes in body weight can influence the amount of medicine you need to take and how long it stays in your body. Body circulation may slow down, which can affect how quickly drugs get to the liver and kidneys. Due to these changes, medicine may remain in your body longer and create a greater chance of interaction.



### When you speak with your doctor:

**Provide information on previous conditions** that might affect your ability to take certain medications, such as allergies, a stroke, hypertension, serious heart disease, liver problems or lung disease. **Ask questions** if you need further information. **Get all of the instructions** -- have your doctor or someone from the medical staff give you written advice or instructions.

**Share a list** of all the medications you are taking, including prescriptions, over-the-counter medicines, dietary supplements, vitamins, and herbals.

### It's important to recognize problems

Medicine and alcohol misuse can happen unintentionally. Here are some signals that may indicate an alcohol or medication related problem:

- Memory/concentration trouble
- Loss of coordination
- Changes in sleeping habits
- Being unsure of yourself
- Irritability, sadness, depression
- Unexplained chronic pain
- Changes in eating habits
- Wanting to stay alone a lot
- Difficulty staying in touch with family/friends
- Lack of interest in usual activities



### Take steps to reduce problems

**Read labels** carefully and follow the directions

**Look for warnings** on alcohol use on labels.

**Medications for sleeping, pain, anxiety, or depression** are usually unsafe to mix with alcohol.

**One alcoholic drink** ( 12 oz. beer, 1.5 oz. distilled spirits, 5 oz. wine) per day is the recommended limit for people over age 65.

**Talk to your health care provider** about all medicines you take, and other related conditions.

**Keep track of side effects**, and let your doctor know immediately about any unexplained symptoms or changes in the way you feel.

**Clean out your medicine cabinet** at least once per year to get rid of old or expired medicines.

**Have all of your medicines reviewed by your doctor** at least once per 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

For more info: Alcoholics Anonymous, 315-463-5011 | [www.syrac.org](http://www.syrac.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. **Health Page Source:** US Dept of Health and Human Services ([www.fda.gov](http://www.fda.gov)); Substance Abuse and Mental Health Services Administration ([www.samhsa.gov](http://www.samhsa.gov)).

## Sign Up for the Buddy Network

In our ongoing work addressing the issues of LGBT people as they age, one of the most important things we do is provide opportunities for Sagers to create support networks. Many reach out through our social and support programs, but others may need more structure. To form stronger connections between participants in need of support, Sage Upstate is launching a Buddy Program in June.

The program, a part of Sage's Long Range Action Plan, will be made up of four separate components: Buddy Updates, Check In Buddies, Buddy Helpers and Buddy Visitors. If you would like to sign up to be a part of the program, Sage Upstate will hold a training on Saturday, May 16 at 10 am.

**Buddy Updates:** Sage members with e-mail access are most likely already familiar with the first aspect of the program, our Buddy Update system. Updates are notices sent out by email to inform Sagers when a member is injured, hospitalized, has a death in the family, or has an occasion to celebrate, such as a special award, retirement, or a new family member. Notices are sent out to everyone on the Sage email list; those who do not wish to receive them can opt out, and those who do not have email can receive notices by US mail. For more information, or to pass on an update please contact [celliott@sageupstate.org](mailto:celliott@sageupstate.org) or 315-478-1923.

**Buddy Check-Ins and Buddy Helpers:** As part of the program, Sage Upstate will match interested members for regular "check-in" telephone calls. Our Buddy see "Buddy Network," p 7



## Beach Party Dance April 25

See details on page 3

### April Potluck: April 19\*, 4:30 Sage Upstate Annual Report to Members and the Community



Sage Upstate staff and board members report on the events and activities of 2008.

**... and Queer Jeopardy!!**

Test your knowledge of Sage Upstate and LGBT trivia.



**\*Please note: It's the 3rd Sunday!**

Potlucks are usually held on the 2nd Sunday of each month, First English Lutheran Church, 501 James St. (corner Townsend & James)

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## Statewide LGBT Survey -- Take It!

Don't be invisible to New York State! Be a part of a historic effort to research and document the needs of LGBT New Yorkers to ensure those needs don't go unaddressed by government and health and human service providers. The information you provide will go toward fighting for policy changes and funding to make services to LGBT people in New York equitable and LGBT-friendly. This survey is open to all LGBT New Yorkers ages 18 and over. The survey is available online and in paper format. Sage Upstate will hold a "Survey Night" at the Sage Upstate Center on April 14. For all the details, see page 3.

*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.*

**Sage Upstate Staff:**

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

**Sage Upstate Board:**

Barbara Genton, *Chair*  
Ralph Valente, *Vice-Chair*  
Bruce Carter, *Treasurer*  
Adrea Jaehnig, *Recording Clerk*  
Arlene Ahl  
Wendy Harris  
Alyn Hoxie  
Mike LaMontagne  
Marilyn Pinsky  
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.

▼ **Upcoming Events at the Lavender Inkwell:** April 4: Poetry Reading, *The Reflective Tree*, AJ Bialo, 2-4 pm; April 18: Women's Book Club meeting, 1 - 2:30, call 424-7191 for details; May 1: Booksigning and reading by author Rachel Spangler; 2 - 4 pm.

▼ **CNY Pride and Syracuse Cares** will once again present an evening with the hilariously funny **Miss Richfield 1981** on Friday, April 17 at the Palace Theater, 2384 James Street, Syracuse. A complimentary dessert buffet at 7:30 pm will precede the 8 pm show. Miss Richfield will be performing all new material this year, so even if you saw last year's show, you're still guaranteed a laugh. Tickets are \$25 in advance, \$30 at the door, and \$40 for priority VIP seating. Tickets can be purchased on line at [www.cnypride.org](http://www.cnypride.org).

▼ **Mardee Edelstein**, PhD, RN, who is an **animal behaviorist** and a Sage member, is now offering free consulting on dog training and dog problems to Sage members. Write to her at Cortland Care Center, 318-B, 193 Clinton Ave. Cortland, NY 13045 or call 607-758-9089.

▼ **Ray of Hope Church** and May Memorial Unitarian Universalist Society are jointly sponsoring a communion service on Tuesday, April 7, 7:30. The Out Loud Chorus of Ithaca, NY will be performing. Anyone and everyone is welcome.

## Equality & Justice Day: April 28, 2009

### Make your voice heard in Albany and across New York State!

More than 1,200 LGBT folks and allies are expected for the Empire State Pride Agenda's statewide advocacy day. Many Sagers will be attending. If you are interested, please sign up through the Pride Agenda, then let Sage Upstate know you are registered. We will provide additional materials and organize car pooling from the Center -- folks will also be taking the bus.

Participants will be scheduled in meetings with legislators from their districts, and trained to hold an effective meeting. Part of the day's events include a senior issues caucus, in which older LGBT folks from around the state will gather and discuss how issues affect our lives. Last year more than 90 attended this session.

Registration: \$15  
Registration with transportation: \$40  
To register: [www.prideagenda.org](http://www.prideagenda.org) or 518-472-3330  
**Scholarships are available** -- don't let costs keep you from attending. Contact Sage Upstate if you need a scholarship.



## Regional Networks

Sage Upstate's **Cortland County** Regional Network Group is reorganizing and is now a joint program, offered with the **Cortland County LGBT Resource Center**. Our two organizations will be working together to serve aging LGBT folks in the region. In April, the group starts meeting at the Cortland County LGBT Resource Center, 29 Central Ave in Cortland. New members are encouraged to join. At this meeting, on Saturday, April 18<sup>th</sup>, at 4pm, food will be provided and participants will be asked to weigh in on the future development of this group.

The **Cayuga County** Regional Network Group will meet Sunday, April 26, 2pm at the Auburn Unitarian Universalist Church, 607 N Seward Ave, Auburn, for socializing, a potluck and games. The group has discussed many future activities, including group outings, outdoor activities, and various social events. Please bring a dish to pass if you are able and a game if you have one you'd like to play.

The **Oswego County** Regional Network Group will meet Sunday, April 26, 2pm at Fallbrook, 103 Thompson Rd, Oswego. The meeting will feature a potluck and socializing, as well as a program on financial planning provided by Sue Hansen. In May the group plans to meet at the home of a group member. Please bring a dish to pass if you are able.

### Buddy Network cont'd from p.1

Helper Program will allow volunteers to sign up to help with those in need of short term assistance due to illness or injury. Helpers will be called on to provide a variety of tasks, such as shopping, cutting grass, and giving rides.

**Buddy Visitors:** The final aspect of our program will match trained volunteer visitors with homebound and isolated Sage members for regular social visits. This part of the network brings back the Friendly Visitor program Sage offered a few years ago.

Sage members who are interested in participating at any level of the program can sign up by contacting Carrie Elliott at 315-478-9123 or [elliott@sageupstate.org](mailto:elliott@sageupstate.org). More details on this program will follow in this newsletter, on the Sage Upstate web site ([www.sageupstate.org](http://www.sageupstate.org)) and in brochures which will soon be available at the center.

## Programs this month @ Sage

To register for any of the following programs, or for more info, contact 315-478-1923 or [elliott@sageupstate.org](mailto:elliott@sageupstate.org).

### Biking Group

A group of Sage members is starting a biking group, which will meet every Wednesday at Onondaga Lake Park starting April 1 at 6:30 pm. Group members will gather in the parking area past the skate park, at a point where they can clearly see Heid's of Liverpool. All are welcome to join. The biking is "weather permitting," and will only take place on Wednesdays when it is at least 50 degrees and no snow or rain in the air. There are 12 miles of paths to ride, all skill levels are welcome.



### Uzuri

On April 10, Sage Upstate's Uzuri group for LGBT people of color will gather at Jaberwocky at the SU Schine Center 7 pm, to hear Omanii Abdullah recite poetry. The event is free and open to the public.



### Cha-Cha-Cha

Sage member Susan Shockey will continue to offer dance lessons on Friday Nights at Sage from 7-8:30. This month's dance is the Cha-Cha-Cha. Join the class to have fun, learn a new dance, and get yourself in gear for the Sage Beach Party dance coming up April 25.

### Pain Management

Do you experience any of the following general symptoms: low back pain, neck stiffness, frequent headaches, limited shoulder movements, forearm tightness or numbness, hip, knee, or foot pain? Muscular tension and skeletal imbalances create these pain issues, and there are simple self care routines that can reduce or eliminate them. Sage Upstate's new pain management class can help! The class will be led by Theresa A. Contos, LMT, owner of ASCEND Spa & Wellness, LLC and Center Point Massage Therapy, PC. Theresa will teach self care strategies to help identify localized tissue problems, then offer suggestions and techniques to help reduce your pain and discomfort. Starting this month, the class will meet the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month at Sage from 6:30 to 7:30 pm.



**Cooking Class to start again in May:** If you are interested in signing up for the class which meets weekly with Ralph Valente, call Sage. Participants learn how to cook healthy meals that are relatively inexpensive. In addition, Ralph teaches about stocking a pantry, kitchen safety, and pairing wines with dishes.



**Karaoke takes a month off** in April, and will return in May.

# Sage Upstate Calendar: April 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** for LGBTQ seniors 60 and older. Meets 4/22 at 12:30 out for lunch at Boom Boom Mex Mex in Camillus. Please contact Sage if you plan to attend.

**Biking Group:** Wednesdays in April at 6:30 pm at Onondaga Lake Park in Liverpool in the parking lot across from Heid's, weather permitting. All are welcome.

**Coming Out Later In Life:** 1st & 3rd Thursdays (4/2, 4/16), 7 pm. Peer led discussion group; members share experiences, find connections & support.

**Dance Classes:** Fridays in March 7 - 8:30 pm. Sage Member Susan Shockey leads classes on the ChaChaCha. The room is not accessible.

**HERS Group for Women:** 1st & 3rd Wed. (4/1, 4/15), 6 pm. Facilitated by Susan White, MA. Explores aging issues among LBT women. Please register in advance.

**Knitting Circle:** Meets every Wednesday in April at 7 pm, with instructor Deborah Hardy.

**Men's Empowerment Group:** 2nd & 4th Wed. (4/8, 4/22), 7 pm. Explores aging issues among GBT men. Facilitated by David Bullard, LMSW. Please register in advance.

**Men's Night Out:** 1st and 3rd Friday, (4/3, 4/17) 6 pm. Join other Sage guys for pizza, soft drinks, and fun. Come and play games, watch a movie, hang out with friends.

**Monday Night Men's Group:** Peer support group, now closed. Takes new members twice a year. Please contact Sage Upstate for more information.

**Pain Management:** 2nd and 4th Thursday of each month (4/9, 4/23). Self care strategies and techniques to reduce chronic pain and discomfort. Led by Theresa Contos, LMT.

**Sage Board Meets:** Wednesday, April 22, 5:15 pm.

**Sage Upstate Beach Party Dance:** Saturday, April 25, 7:30 - 11:30, May Memorial, 3800 E Genesee St, Syracuse. Dress up in your favorite beach wear and win prizes. Food, 50/50 raffle, and a Hula Hoop contest. Dance admission will be \$5 for current members, \$10 for nonmembers.

**Survey Night:** Tuesday, 4/14, 6 pm. Have some pizza and soda, catch up with your Sage friends, and fill out a survey for the statewide needs assessment. You can use one of our computers and complete a survey on line, or fill out a paper survey. Be counted!

**Monthly Potluck -- Annual Meeting:** 4:30 pm, Sunday, April 19th. **Note Date Change.** Sage Upstate's annual report to members and the community, plus a game of "Queer Jeopardy." Bring a dish to pass if you are able.

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

**Uzuri:** Friday, April 10, 7 pm. Group for LGBT people of color as they age. The group will gather for an off-site activity. Meet at Jaberwocky at the SU Schine Center 7 pm, to hear Omanii Abdullah recite poetry.

**Volunteer Night:** Thursday, April 30th, 6pm. Come enjoy pizza and learn more about volunteer opportunities at Sage while helping send out the Sage Newsletter.

**Women's Coffeehouse:** Fourth Friday (4/24) at 7:00 pm. Enjoy coffee, soft drinks, pizza, games, movies and socializing with other Sage women.

**Women's Pitch Group:** First, Second and Third Fridays (4/3, 4/10, 4/17) at 7:00 pm. Pitch card group for women.

## Regional Networks

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

**Cayuga Network:** April 26, 2pm at the Auburn Unitarian Universalist Church, 607 N Seward Ave, Auburn.

**Cortland Network:** April 18, 4pm, Cortland County LGBT Resource Ctr, 29 Central Ave, Cortland. Food provided.

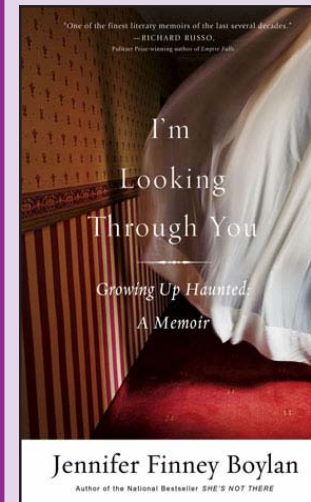
**Jefferson Network:** Will meet in April if members are available; call Sage for details on time, date and location.

**Oswego Network:** Sunday, April 26, 2pm. Fallbrook, 103 Thompson Rd, Oswego. Please call for directions.

**Oneida Network:** No meeting in April. Contact Sage if you are interested in organizing the Oneida Network.

## Sage Upstate Lending Library

### Staff Picks



Have you "checked out" the Sage Upstate Lending Library? We have more than 1,200 LGBT-themed titles. Each month, we'll profile a staff pick -- this month Carrie Elliott highlights Jennifer Finney Boylan's *I'm Looking Through You: Growing Up Haunted, A Memoir*.

I really enjoyed Boylan's humor and insight as she wove together a narrative about her childhood, her family, the supernatural, and the odd feeling of being ill at ease within the body that you inhabit. I finished this book in a weekend, but have found over the last few weeks that pieces of the book keep coming back to me. I recommend this book as an enjoyable, easy read that will leave you thinking. You can find *I'm Looking Through You* in the transgender section of the library.

## Sage Upstate Hires Office Manager

In February, Barbara Johnson was hired as part-time office manager at Sage Upstate. Barbara grew up in the University area of Syracuse and attended Manlius Pebble Hill School.



She most recently lived in Lynchburg Virginia, and returned to Syracuse last Fall to care for her ailing grandmother.

Barbara will be providing administrative support, including data entry, grant reporting, daily bookkeeping, and mailings. She works Mondays, Wednesdays, and Fridays and you will probably see her at some events and potlucks. She comes to us with office management experience in a wide variety of fields, including the corrections system, youth services, and animal communications. Stop in or call to meet Barbara and welcome her to our Sage family!



## Statewide LGBT Survey: [www.nylgbtsurvey.org](http://www.nylgbtsurvey.org)

Take a short survey on LGBT issues at the web site above and be a part of the first attempt to document LGBT people all over the state of New York. Enter for a chance to win a \$50 gift card with your completed survey! **Paper surveys** are available at Sage Upstate, or by contacting Somjen Frazer: [consulting@somjenfrazer.com](mailto:consulting@somjenfrazer.com).

## Survey Night @ Sage Upstate: Tuesday, 4/14, 6 pm

Join us for pizza, soda, and surveys. Fill out a survey on line or on paper with your Sage pals.

## Sage Upstate

# Beach Party Dance

Saturday, April 25, 7:30 - 11:30 pm, May Memorial Unitarian Universalist, 3800 E Genesee, Syracuse, \$5 for Sage Upstate Members; all others \$10



**50/50 raffle**

**Music:** DJ Kuma

**Food:** pizza, snacks, munchies

**Prizes:** for the best beach outfit

**Hula Hoop Contest**





Have you seen the new furniture in the center? Thanks to members who donated, state funds, and a nice discount from Raymour and Flanigan, our space is a bit more comfortable – stop in and see!

# April 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 HERS Group, 6pm *Biking Group, 6:30pm Knitting Circle, 7pm	2 Coming Out Later in Life, 7 pm	3 Men's Night Out 6pm Pitch Group for Women, 7 pm Dance Classes, 7pm	4
5	6 Monday Men's Group, 6 pm Sage Exercise Class, 6:30 pm	7	8 *Biking Group, 6:30pm Men's Empowerment 7pm Knitting Circle, 7pm	9 Pain Management Class, 6:30 pm	10 Uzuri*, 7 pm Pitch Group for Women, 7 pm Dance Classes, 7pm	11
12	13 Monday Men's Group, 6 pm	14 Statewide LGBT Survey Night, 6 pm	15 HERS Group, 6pm *Biking Group, 6:30pm Knitting Circle, 7pm	16 Coming Out Later in Life, 7 pm	17 Men's Night Out 6pm Pitch Group for Women, 7 pm Dance Classes, 7pm	18 *Cortland County Group, 2 pm
19 Second Sunday Potluck - Annual Meeting, 4:30	20 Potluck Cmtee, 5 Monday Men's Group, 6 pm	21	22 *60+ Circle of Friends, 12:30 Sage Board 5:15 pm *Biking Group, 6:30pm Men's Empowerment 7pm Knitting Circle, 7pm	23 Pain Management Class, 6:30 pm	24 Women's Coffeeshouse, 7 pm Dance Classes, 7pm	25 *Beach Party Dance, 6:30 pm
26 *Oswego County Group, 2 pm *Cayuga County Group, 2 pm	27 Monday Men's Group, 6 pm	28 *Equality and Justice Day	29 *Biking Group, 6:30pm Knitting Circle, 7pm	30 Volunteer Night, 6 pm		

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.

### 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.

### 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  
Loans, accounts, and advice from Syracuse's only community development Credit Union.

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



Potlucks and activities at the Sage Upstate Center are accessible. The building elevator runs to the 2nd floor Drop-In Center and to the basement where potlucks are held. In rare cases, classes are held on the third floor, out of the elevator's range. Unless otherwise noted, all activities are accessible.

We Reached Our Annual Appeal Goal . . .



Thanks To YOU!

Thanks to all of our generous donors, we raised a record amount in this year's Annual Fundraising Appeal: \$10,079. To everyone who gave \$5 to \$500 and beyond -- we couldn't do it without you!

Would you like an audio copy of the newsletter?

If you would like to be sent a CD with an audio version of the newsletter, contact us: 315-478-1923 or celliott@sageupstate.org