

## Extend Your Life By Finding Meaning

Recent studies show that a common trait among centenarians is having a sense of purpose. A 2005 study that followed middle-aged Hungarians found that those who felt their lives had meaning had significantly lower rates of cancer and heart disease. Another study, the Blue Zones project, found that many of the world's most long-lived people share "having a reason to get out of bed." There may be no "magic bullet" to provide meaning, but there are paths that can increase your chances, according to AARP:

### Keep Working

Consider staying in your job as long as you can, as a job may be the easiest way to feel your life has purpose, says National Institute on Aging Director Robert N. Butler, MD. Accomplishment, and income, can provide a sense of purpose, he said. Other studies have shown that people who continue to work have a lower mortality rate than those who retire early.



### Take Stock of Yourself

Richard Leider, life coach and author, suggests making a list of your gifts, values, and passions -- then identifying your top quality in each category. This can help you understand your "calling," he says. Depak Chopra suggests a set of questions to achieve clarity and insight, such as: How do I feel when I have a peak experience? What are my unique skills? Who are my heroes? If I had all the money and time in the world, how would I use my talents to serve humanity? Another approach is to journal -- some suggest 30 minutes of journaling each day. Write about crucial events in your life and how they made you feel.

### Explore Spirituality

The correlation between faith and health has been analyzed in more than 2,200 studies over the past five years. Some suggest that believing in a higher power can boost more than just the spirit. Some studies show that attendance in religious services is related to less risky behaviors, less depression, less stress, and longer life. The sense that a higher power has a purpose for humanity may lead to people of faith feeling that each of us has a role in the divine plan.



### Find Your Flow

Former University of Chicago Psychology Department Chair Mihaly Csikszentmihalyi believes we find fulfillment in activities that develop a skill, challenge us, and provide ongoing feedback. He calls this "flow." Dr. Csikszentmihalyi says that getting to the top is not the real goal of mountain climbers. What makes mountain climbing purposeful is the challenge with each step -- focusing attention, seeing what you are doing right and wrong with each step. He thinks a good way to find flow is to think about trying something you've always wanted to do but thought you couldn't -- something you really care about. Purposeful activity should engage your abilities and require effort.



### Volunteer

Lending a hand can make you feel good about yourself and your life. Research shows that older people who give back have better physical and mental health and lower mortality risk. One study published in the *Journal of Urban Health* found that volunteers ages 60 through 86 outscored their non-volunteering counterparts in both physical and cognitive ability. Butler says the key is to volunteer in ways that seem meaningful to you. Volunteers (like the ones pictured at right) have a great time doing lots of things at Sage Upstate. Contact Carrie Elliott at [celliott@sageupstate.org](mailto:celliott@sageupstate.org) or call her at 315-478-1923 to find out more.



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

## Thanksgiving Potluck Draws 200

That's a lot of pumpkin pie!



The perfect finish for a Thanksgiving Feast -- pumpkin pie for everyone! 200 attended Sage Upstate's annual thanksgiving dinner -- see photos inside. Photo above by Alejandro Garcia.



### Second Sunday Potluck: Holiday Dinner & Dance

4:30: Mix and Mingle  
5:00: Dinner -- bring a dish to pass  
5:30 - 7: Dancing

Second Sunday Potlucks are held every month,  
4:30 pm, First English Lutheran Church,

## LGBT Community Organizations Respond to Local Murder

When a young transgender woman was murdered in Syracuse last month, her family -- who fully accepted and supported her -- called for the incident to be tried as a hate crime. Sage Upstate joined other LGBT and ally organizations to form a community coalition which began meeting to provide advocacy and support, and to speak out against crimes motivated by bias.

Latiesha Green (Moses Cannon), a 22-year old Syracuse transgender woman was shot and murdered on Friday, November 14 outside a party. Latiesha's family believes that the man who is accused of the shooting was motivated by bias based on Latiesha's gender identity and/or her perceived sexual orientation. Latiesha's brother, who is openly gay, was also in the car and was grazed by the bullet that killed Latiesha. He was treated and released, and a third person who was in the car was not physically injured.

The New York State Division of Human Rights Commissioner Galen Kirkland joined local LGBT and ally organization leaders for a meeting in Syracuse on November 24. Commissioner Kirkland and other state and local officials sought ways to work with the local community to address this issue and future bias-related crimes. Among the ideas on the table are building relationships between the LGBT community and local media and law enforcement agencies, holding a community forum on hate crimes and civil rights law, and providing education for personnel in local schools.

See "Coalition" on page 3

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

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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.

▼ The **Syracuse Gay & Lesbian Chorus** is holding its annual Holiday Concert on December 5 and 6 at 8 pm at the First Unitarian Universalist Society of Syracuse, 109 Waring Rd. Tickets may be purchased for \$15 advanced sale or \$18 at the door. For more information call 315-476-4329 or check online at [www.syrqlc.org](http://www.syrqlc.org) where you can also listen to tracks from their holiday CD *Wintertime Cheer*.

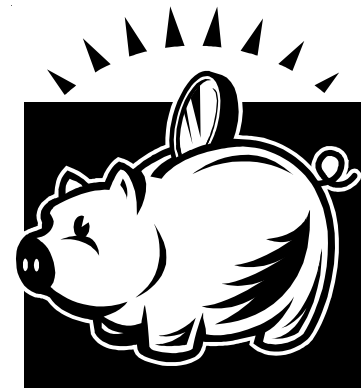
▼ **Singlez in Syracuse (SIS)** was founded to provide a social network of single women who love other women. Though it's based in Syracuse, SIS welcomes women from all over the CNY region. The group was started in January 2007 by native Syracusan and Sage member, Roar, who wanted to create opportunities for single women to meet, greet, and socialize. She started an email list that now consists of more than 100 women, and SIS is also now a Yahoo! group that helps members connect with each other and find out about upcoming events. . The SIS site also has a link for women-owned businesses to advertise. Check SIS out at: <http://groups.yahoo.com/group/singlezinsyracuse>.

**Corrections:** In the November issue of *Sage Upstate News*, we incorrectly referred to Alejandro Garcia as being a member of the AARP National Board. His actual affiliations are member of the AARP National Policy Council and AARP New York's Executive Council.

**LGBT Affirming Recovery Resources:**

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

For more info: Alcoholics Anonymous: 315-463-5011 [www.syraa.org](http://www.syraa.org)



**It's that time of year again ...**

**Please consider a tax-deductible gift to Sage Upstate**

You will soon receive a donation solicitation from Sage. Think about all you've done with us this year, and then put some money in the bank to make sure these programs continue in 2009!

## Program Update

For info, directions, or to RSVP, contact Carrie Elliott: 315-478-1923 or [celliott@sageupstate.org](mailto:celliott@sageupstate.org).

**Groups Take Some Time Off for the Holidays**

Sage Upstate's HERS Group and Men's Empowerment Groups continue their break in December. Sage Upstate's Knitting Group will also break during December because of Holiday conflicts. All three groups will reconvene in January. Contact Carrie Elliott if you would like to register for the groups when they start again in January.

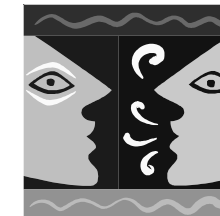
**Uzuri**

Sage Upstate's group for aging LGBTQ people of color meets Friday, December 12 at 6:30 pm at Sage Upstate for **Giving Back, an Uzuri Service Project**. Join fellow Uzuri members for a chance to come together, eat, listen to music and talk about the importance of service. We will be assembling baskets of donations, so please bring foodstuffs, toys, toiletries or whatever you can think of to contribute.



**Group Stretch**

These classes offer low impact stretch and exercise activities with high impact results. Class members have given us great feedback, and the class will continue in December and January. The group now meets on the 1st and 3rd Thursday (12/4, 12/18). Please register in advance.



**The Secret Revealed**

Christina Rosetti will give a presentation on her upcoming book, *The Secret Revealed*. Topics covered will include creating loving relationships, the symbolism behind religion, discovering past reincarnational selves, and contacting

your higher self. Participants will also be able to sign up for a series of discussions on the book and these topics. Tuesday, December 16, 6 - 7:30 pm, Sage Upstate Center.

**Coming Up in 2009**

Don't forget to check out January's newsletter for information on programming coming up in the New Year, including new Dance and Exercise Classes and Smoking Cessation Programming.



Do you have a program you'd like to see at Sage or a group you'd like to lead?

Contact Carrie Elliott at 478-1923 or [celliott@sageupstate.org](mailto:celliott@sageupstate.org)



**Caroling Anyone?**

John Z is looking for a few good carolers. At the December Holiday Potluck (12/14, 4:30 pm) he is organizing a group to serenade potluck diners with about five holiday songs. No rehearsals will

be necessary -- we'll just hand out the music and go for it. Other possibilities for the group: signing with the Hawley Greene carolers, visiting senior residences, etc. If you are interested, please contact Sage.

**New Mailing List Options**

Sage Upstate will soon start using envelopes with our name and logo on them to mail the newsletter and other materials. We know that this is a concern for some on our mailing list, and for this reason, we will offer the option of continuing to receive all Sage mailings in an envelope with only the PO Box listed. We will be sending out a letter informing our participants about this change in the near future. It will probably take place in Spring 2009. If you do not want to receive mailings with our name and logo on the envelope, please contact Kim Dill at 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org).

# Sage Upstate Calendar: December 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](mailto:celliot@sageupstate.org).

**HERS Group, Men's Empowerment Group, and Knitting Group will break this month for the Holidays. All three groups will reconvene in January.**

**60+ Circle of Friends:** 2nd and 4th Wednesday of the month. Meets 12/10 at Sage Upstate. On 12/24 the group will meet out for lunch, call for location.

**Coming Out Later In Life:** 1st & 3rd Thursdays (12/4, 12/18), 7 pm. Peer led discussion group; members share experiences, find connections & support.

**Group Stretch:** Group Stretch will continue to meet the 1st and 3rd Thursday in December (12/4, 12/18) from 6:30-7:30 at the Sage Upstate Center.

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

**Rainbow Alliance of Central New York:** Thursday, 12/18, 5 pm. Local coalition of LGBT organizations.

**Sage Board Meets:** Wednesday, December 17, 5:15 pm.

**Second Sunday Potluck -- Holiday Dinner Dance:** 4:30 Sunday, December 14. Join us for a potluck dinner and dancing with your Sage Friends. Bring a dish to pass if you are able.

**Second Sunday Potluck Committee:** Join the committee that plans the potluck each month -- we need your energy and ideas! In December we will be looking at ideas for our 2009 potluck line up. Monday, December 15, 5 pm.

**Uzuri:** Friday, December 12, 6:30 pm. Group for LGBT people of color as the age. This month's theme - *What can I do to give back to the community?* Join us as we prepare gift baskets with everything from soup to nuts and everything in between. We are asking for donations of foodstuff, toys, toiletries, etc. You can bring your donations to this meeting. We'll have some light refreshments, music and a good time.

**Volunteer Night:** Join us on Tuesday, December 30th 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 (12/26) at 6:30 pm. Enjoy coffee, soft drinks, pizza, games, movies and socializing with other Sage women.

## Coalition (cont'd from page 1)

Mothers Against Gun Violence in Syracuse and members of the LGBTQA community came together for a vigil with the family on Monday night at Latiesha's home, nearly 150 people attended to pay their respects.

Thus far, the coalition of community organizations (see box at right) has taken several steps to address this incident. Advocates from Vera House have offered the Cannon family direct support and assistance in navigating the legal system. The LGBT Unit/FACES program has also offered direct support to Latiesha's family and friends. Therapists have been made available to youth at the Q Center for LGBTQ youth. In addition, representatives of organizations in the coalition communicated the issue to local news outlets. Community leaders have advocated that this crime be fully investigated and are hopeful that the District Attorney will have sufficient evidence to treat this as a hate crime.

The National Coalition of Anti-Violence programs sent out a press release on November 19 to local and national media about Latiesha's murder, relating it to a larger trend of anti-LGBT crimes; two other transgender women were murdered in November 2008 -- Duanna Johnson in Memphis, and Aimee Wilcoxson in Denver.

*Victims of hate crimes and other violent crimes can receive support and advocacy assistance by calling the Vera House Crisis and Support Line at 315-468-3260.*

### April '09 Potluck Date To Change

Just an FYI -- our April Monthly Potluck, which is Sage Upstate's Annual Meeting, will not be held on the Second Sunday as it conflicts with Easter -- more details to follow . . .

## LGBT & Ally Community Coalition Responding to Local Hate Crimes

**EON, Rob Pusch**  
[rpusch@syr.edu](mailto:rpusch@syr.edu), [eonsyr@yahoo.com](mailto:eonsyr@yahoo.com)

**FACES LGBTQ Community Liaison @ Southwest Community Center, Silky**  
315-671-5844 [silky@swccsyr.org](mailto:silky@swccsyr.org)

**Mothers Against Gun Violence**

**New York Civil Liberties Union**  
CNY Chapter, Barrie Gewanter  
315-471-2821 <http://www.cnyclu.org>

**PFLAG Syracuse, Terri Coon**  
315-635-9320 [info@pflagsyracuse.org](mailto:info@pflagsyracuse.org)

**Pride and Joy Families, Vincent Sgambati,**  
[PrideAndJoySyracuse@yahoo.com](mailto:PrideAndJoySyracuse@yahoo.com)

**Q-Center @ ACR, Elizabethe Payne**  
315-701-2431 [ecpayne@syr.edu](mailto:ecpayne@syr.edu)

**Q Law, Mary Traynor**  
(315) 263-0787 [lgbtqlawyerscny@gmail.com](mailto:lgbtqlawyerscny@gmail.com)

**Sage Upstate, Kim Dill**  
315-478-1923 [kdill@sageupstate.org](mailto:kdill@sageupstate.org)

**SU LGBT Resource Center, Adrea Jaehnic,**  
315-443-3983 [aljaehni@syr.edu](mailto:aljaehni@syr.edu)

**Vera House, Crystal Collette**  
315-425-0818 [ccollette@verahouse.org](mailto:ccollette@verahouse.org)

## 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 hosts reception for Alison Beach

Cortland LGBT Resource Center Program Coordinator Ali Beech was unable to make it to our November meeting, so she will instead be joining us in December to speak about the new LGBT Resource Center in Cortland. The Center was recently opened and will provide services to LGBT people in the area. Saturday, December 20, Access to Independence Center, 22 North Main St, Cortland, 5 pm. *Note new time.*

### Oswego Network

Sunday, December 28, 2 pm This month's meeting will be held in Oswego instead of Pulaski -- call for location/directions.

### Jefferson Network

**Oneida Networks:** Will not meet in December. Stay tuned for details about future meetings.

## 2008 Sage Upstate Thanksgiving Feast



*Photos by Alejandro Garcia*

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

# December 2008

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.

We want to help Sagers who want to quit smoking for good.

If there is sufficient interest, in January, Sage Upstate will offer a program with Certified Smoking Cessation Counselor Jesse Orton. So, if you make a resolution to quit at the start of the year -- or if you've been trying already -- and you are interested in this program, contact Carrie Elliott at 478-1923 or [celliott@sageupstate.org](mailto:celliott@sageupstate.org) for more information.



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Monday Men's Group, 6 pm	2	3	4 Coming Out Later in Life, 7 pm  Group Stretch, 6:30 pm	5 Men's Night Out 6pm	6
7	8 Monday Men's Group, 6 pm	9	10 60+ COF, 3 pm	11	12 Uzuri, 6:30 pm	13
14 Second Sunday Potluck - Holiday Dinner Dance, 4:30 pm	15 Potluck Cmtee, 5pm  Monday Men's Group, 6 pm	16 The Secret Revealed Presentation, 6 pm	17 Sage Board 5:15 pm	18 RACNY, 5 pm  Group Stretch, 6:30 pm Coming Out Later in Life, 7 pm	19 Men's Night Out 6pm	20 *Cortland County Group, 5 pm
21	22 Monday Men's Group, 6 pm	23	24 60+ COF	25	26 Women's Coffeehouse, 6:30 pm	27
28	29 Monday Men's Group, 6 pm	30 Vol. Night, 6 pm	31			

Thanksgiving Thanks:



To Syracuse Soap Works for the wonderful raffle prizes:  
Visit this supportive business at 1153 W. Fayette St. Syracuse, NY 13204 (315) 479 - 0400 (315) 575 - 0287 [www.syracusesoapworks.com](http://www.syracusesoapworks.com)

To Ross Pickereign  
The donation of scarves -- knitted by Ross in the Sage Upstate Knitting Group -- helped us raise funds in the raffle.

To everyone who made donations:  
Because of your generosity, we fed almost 200 people for less than a dollar per person!

To the 2nd Sunday Committee  
You make every potluck fabulous!  
Greg, Mike, Scott

**Vivian Derrickson, CFP, CLU**

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

**Hansen's Financial Services**

Susan Hansen  
7067 E Genesee St.  
Fayetteville, NY 13066  
[hansensfinancial.com](http://hansensfinancial.com)  
315-637-5153  
[sue@hansensfinancial.com](mailto:sue@hansensfinancial.com)  
Comprehensive financial planning and socially responsible investing.

**Onondaga Employee Leasing Services**

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

**Cooperative Federal**

Three locations in Syracuse:  
723 Westcott St  
401 South Ave. Ste. 100  
800 N. Salina St. Ste. 100  
315-471-1116  
[www.cooperativefederal.org](http://www.cooperativefederal.org)  
Loans, accounts, and advice from Syracuse's only community development Credit Union.



Half a Century and counting . . .

Sage members Janet Osuchowski and Eileen Yager, above at the Sage Upstate Annual Thanksgiving Feast, have been together for 53 years!

Syracuse University LGBT Resource Center 443-3983 [aljaehni@syr.edu](mailto:aljaehni@syr.edu)

Jeff Kreis Heating A&C 469-7825 [Heatman315@aol.com](mailto:Heatman315@aol.com)

Theresa "Tess" Contos, LMT 315-727-5697 [www.ascendwellness.com](http://www.ascendwellness.com)

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