

## Improving Longevity: Nutrition

In February Sage Upstate's Improving Longevity series continues with two presentations on nutrition by licensed dietician Maria Mahar. Sessions will be held on Tuesday, 2/12, and Tuesday, 2/26, 6 - 7:30 pm, at the Sage Upstate Center.

Some of you will remember Ms. Mahar, who led a series on nutrition for Sage Upstate a few years ago. She uses a holistic approach and will teach participants fun ways to eat healthier. The sessions will include information on foods and how to make lifestyle changes and also will feature cooking demonstrations.

In March the Improving Longevity Series will continue with presentations on exercise and aging, and mental agility and longevity. The series is made possible by a Fit For the Next 50 grant from the Onondaga County Department of Aging and Youth. To register: 315-478-1923 or [celliott@sageupstate.org](mailto:celliott@sageupstate.org).

## 60 + Organizational Meeting February 13 - You're Invited

If you are 60+ and would enjoy socializing, sharing time, and participating in events with other LGBT people of your own age with mutual concerns and interests, you are invited to attend the organizational meeting of 60+ folks at the Sage Upstate Center on Wednesday, February 13, at 3:00 PM.

Meetings will be facilitated, but the program ideas will be determined by the participants themselves. It is expected that the group will meet regularly in the mid-afternoon once or twice per month according to wishes of participants.

While the group will determine the focus of the programs, some possible areas of mutual interest may be discussing a book that all have read, watching and discussing a movie, sharing recipes for easy-to-cook and tasty dishes for one or two, sharing favorite travel experiences, obtaining health and wellness information, exploring options in LGBT-friendly senior housing in our area, etc. Going to a restaurant or diner for an inexpensive or early bird dinner occasionally after the meetings or exploring accessible parks and nature trails in warm weather are also possibilities.

If you are 60+ and interested in participating in this proposed group, please attend and make your wishes known. The meeting will be facilitated by Coy and Dan. See old friends and meet new ones. If you would like more information about the group, please contact Carrie Elliott at 315-478-1923 or [celliott@sageupstate.org](mailto:celliott@sageupstate.org).



## Beach Party Dance: March 1

See page 3



## Second Sunday Potluck: February 10, 4:30 pm "Stuff We Love"

*Mike LaMontagne and Sandy Davis will lead a group discussion on the things that we love.*

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

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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.

▼ The **Lavender Inkwell Bookshoppe** celebrates Black History Month with readings of poetry by **Omanii Abdullah**. Mr. Abdullah's work has been described as "life experience poetry." He writes about subject matter that everyone can identify with and can relate to, such as step parenting, death and dying, love, racism, teenagers, and the joys of life. The reading will take place on Saturday February 16, 2 - 4 pm, at Lavender Inkwell, 304 N. McBride St. For more information: 315-424-7191 or [www.lavenderinkwell.com](http://www.lavenderinkwell.com).

▼ The next **Friends of Dorothy House Dinner** will be held on Wednesday, February 27. Donations (which can range from \$0 to \$ 1 million) will benefit the Dorothy House, which provides hospice care for people with HIV and AIDS who have no other place to go. Dinners are held on the last Wednesday of each month, 5 pm, at St. Vincent's School on Winton St. in Syracuse.

▼ The Albany-based group *In Our Own Voices* and The New York State Black Gay Network, Inc. will host the first **statewide LGBT People of Color Health Summit** February 21-24 in Albany. The event will provide a forum for the articulation of issues and recommendations related to health and human service interventions for LGBT people of color. The summit will focus on five major conceptual tracks: Health and Wellness, Substance Abuse, Spirituality, Political Advocacy, and Transgender issues. For registration call (518)432-4188 or visit [www.inourownvoices.org](http://www.inourownvoices.org).

▼ From Larry Kramer to Audrey Lorde, this month's episode of *In The Life*, the LGBT news program on PBS, is an encore presentation of "A History Lesson." The show, which airs Sunday, February 17 at 11 pm on WCNY, celebrates the extraordinary people and places that have defined the history of the LGBT community. Segments will feature late author and activist Vito Russo (*The Celluloid Closet*); the emergence of gay spaces after the Stonewall Riots; and the early scientific and medical debates over the loves of LGBT people.

## *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

## New Programs in the Sage Upstate Center

Four new programs are starting in February in the Sage Upstate Center. In addition to those featured here, a group for Sage folks age 60 and older is forming (see article on page 1). If you are interested in these or any program at Sage, please contact Carrie Elliott to register (315-478-1923; [celliott@sageupstate.org](mailto:celliott@sageupstate.org)).



### “Odd Tuesday” Game & Gather

Are you free during the day and looking for something different to do? Try

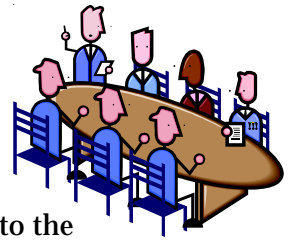
Odd Tuesday Game & Gather events, starting this month. On

“Odd Tuesdays” -- Tuesdays with odd number dates (2/5, 2/19) -- Sagers

will gather for fun and games in the center. Visit with old friends, make new ones, or play board games or cards. Snacks and soft drinks will be provided. While you're in the center you can also check out a book from the lending library or access the internet on the center computer. Ron Baldwin will be your social director for Odd Tuesdays, which will be held from 1 - 4 pm. If you would like a phone call to remind you the day before each gathering, contact Carrie.

### Monday Night Men's Support & Discussion Group

The Monday Night Men's Group is inviting new members this month. Group members usually bring issues to the



group for support or feedback. Meetings include time for each participant to speak (participants may pass), reactions to topics introduced, and free form discussion. Those interested should register in advance and then attend their first meeting on 2/11 or 2/18, 6 pm.

### Dance Classes: The Waltz



Sage member Susan Shockey's dance classes continue in February, with the Waltz, on Tuesday nights, 6:30 - 8, at the center. After this month the classes will take a break and resume again in Fall. Don't miss out on a wonderful opportunity to learn a new dance or brush

up on an old skill before Sage's Beach Party Dance March 1. Please register in advance.

## Sage Upstate

# Beach Party Dance

Saturday, March 1, 7:30 - 11:30 pm, May Memorial, 3800 E Genesee St. in Syracuse  
\$10 suggested donation (sliding scale)

**Prizes** for the best beach outfit

**Music** with DJ Kuma, aka Denise Dwyer

**Food:** Pizza, snacks, soft drinks

**50/50 Raffle:** \$5 per ticket/ 5 for \$20

*Purchase raffle tickets at any Sage Upstate event or by contacting Sage at 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org). You need not be present at the dance to win. At the last dance, the winner took home more than \$400! Proceeds support services for LGBT people as they age.*



## Beach Balls Provided

# Sage Upstate Calendar: February 2008

*Unless otherwise noted, all activities below are free and are held in the Sage Upstate Center, 501 James Street (corner of Townsend & 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 info, contact Carrie Elliott at 315-478-1923 or [celliott@sageupstate.org](mailto:celliott@sageupstate.org).*

**60+ Organizational Meeting:** Wed. 2/13, 3 pm. Sage Upstate is gathering folks age 60 and older to start a social group that would meet in the afternoon. If you are interested, please attend this meeting.

**Auditioning Classes:** Mondays, 6 pm. Sam Basile's Auditioning Classes continues this month.

**Coming Out Later In Life:** 1st & 3rd Thursdays (2/7, 2/21), 7 pm. Peer led discussion group; members share experiences, find connections & support.

**Dance Classes:** Tuesdays, 6:30 pm, February 5 - 26. Susan Shockey will teach Waltz classes.

**Guitar Group:** 1st and 3rd Thursday, (2/7, 2/21), 6-7 pm. Group is for amateur guitar players looking to play and learn with others.

**HERS Group for Women:** 1st, 3rd Wednesday (2/6, 2/20), 6 pm. Facilitated by Susan White, MA. This group explores aging issues among lesbian, bisexual, and transgender women. Please register in advance.

**Improving Longevity:** 2/12, 2/26 (both are Tuesday), 6 - 7:30 pm. Sage's Improving Longevity Program continues in February with two presentations by licensed nutritionist Maria Mahar. Classes will feature nutrition information and cooking demonstrations relating to longevity. Please register in advance.

**Knitting Circle:** Wednesdays, 7 pm. Instructor: Deborah Hardy. Open to beginners (bring a set of size 8, 9, or 10 knitting needles) and experienced knitters.

**Men's Empowerment:** 2nd & 4th Wednesday (2/13, 2/27), 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, (2/1, 2/15) 6 pm. Join other Sage guys for pizza, soft drinks, board games, cards, movies. See old pals, make new friends.

**Odd Tuesday Game and Gather:** Odd Tuesdays (2/5, 2/19) at 1 pm. Social afternoon gatherings for Sage friends; games, snacks, and conversation.

**Rainbow Alliance of Central New York:** Thursday, February 21, 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: Saturday, February 23, 6 pm. Valentine Party with PFLAG Cortland. Chocolate for everyone who attends -- bring a dessert if you are able. Access to Independence Center, 22 N Main St, Cortland.

Jefferson Network: Sunday, February 3, 1:30 pm, All Souls Unitarian Church, 1330 Gotham St, Watertown

Oneida Network: No February meeting -- next meeting: March 21st, 6 pm, at That Place, 216 Bleeker St, Utica

Oswego Network: Call Sage Upstate for date and time.

**Sage Board Meets:** Wednesday, February 13, 5:15 pm.

**Second Sunday Potluck -- Stuff You Love:** Sunday, February 10, 4:30 pm. Sagers discuss things they love. Bring a main dish, side, or dessert to pass, if you are able.

**Second Sunday Potluck Committee:** Monday, Feb 11, 5 pm. Join the committee that plans the potluck each month -- we need your energy and ideas!

**Uzuri:** Friday, February 8th, 6:30 pm. Sage Upstate group for LGBT People of Color. This month: Amazing Poetry - featuring the work of poet Omanii Abdullah.

**Volunteer Night:** Thursday, February 28, 6 pm. Help us with the newsletter mailing and hear about volunteer opportunities. Pizza and soda served.

**Women's Coffeehouse:** Fourth Friday (2/22) at 6:30 pm. Enjoy coffee, soft drinks, pizza, games, movies and socializing with other Sage women.

**Working OUT Yoga classes** Saturdays, 10:30 am. Please register in advance.



## Tea Dance for Sage @ the Mystic

**Who:** DJ Kuma  
(aka Denise Dwyer)

**What:** Tea Dance benefiting Sage Upstate featuring drink specials and free pizza. A \$4 donation will be taken at the door.

**When:** Sunday, February 17, 2 - 6 pm.

**Where:** Mystic, 1203 Milton Ave, Syracuse.

**How:** DJ Kuma will rewind the clock to clubs past, playing 60s,70s, 80s, & 90s hits.

**Why:** a portion of the proceeds will go to Sage Upstate.

**Have Fun ▼ Dance ▼ Support Sage**

## Sage Board Lauches Donor Circle

In 2008 Sage is eager to continue building programs and services for LGBT people as they age. Your gift will help us do this -- our annual appeal campaign ends on February 15. As an added incentive this year we would like to invite donors giving \$300 or more to join the new special Donors Caring Circle. This group is being created to help guide Sage in building a strong base of local support. A Spring reception is being planned to kick off this effort.

Donations of all amounts are important. When applying for grants, having as many donors as possible is as important as the dollars contributed. We will be sending an appeal reminder to everyone on our mailing list. Please use the enclosed donor card to make your contribution. You may want to consider an automatic monthly contribution using your debit/credit card. Thank you to everyone who has already contributed to the campaign.

**Would you like to nominate someone (or yourself) for the Sage board?**

Contact Sage Upstate.

## Volunteers to Compile Resource Info

Sage Upstate needs you! If you are interested in any of the following volunteer opportunities, please contact Carrie Elliott at 315-478-1923 or [celliott@sageupstate.org](mailto:celliott@sageupstate.org).

Starting this month, Sage Upstate volunteers will work to compile a community resource list to help us provide referrals on services for seniors and the LGBT community. If you are interested in helping with this, please call. We are also looking for volunteers for the dance, potlucks, and other activities:

- ▼ **Compiling resource materials:** Help us create a resource list for seniors and LGBT people.
- ▼ **Winter Beach Party Dance:** Volunteers are needed for set-up, clean-up, admission, raffle ticket sales, and kitchen help for the dance, to be held on March 1.
- ▼ **In the Center:** Volunteer a few hours each week on phones and greeting visitors.
- ▼ **At Potlucks:** help with set-up or clean-up or serve as a greeter.
- ▼ **For the Newsletter:** Help us mail out the February newsletter on volunteer night -- Tuesday, February 26. Or, volunteer to drop off newsletters at locations that are convenient for you.
- ▼ **In your County:** Volunteer to help with Sage groups in Cortland, Jefferson, Oneida, and Oswego counties, or to help us start groups in Cayuga or Madison counties.

# U z u r i

Sage Upstate group for LGBT People of Color, now meeting monthly with fun people, good food, great conversations.

### February 8: Amazing Poetry

Featuring the work of poet and performing artist Omanii Abdullah. Come listen and enjoy with us -- if you've never heard Omanii Abdullah perform, you're in for a real treat.

**Meets 2nd Fridays at 6:30 - 8:30 pm**  
@ Sage Upstate Center

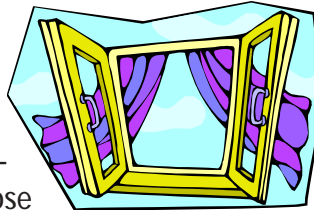
# Health & Wellness Page

## Carbon Monoxide Safety

You can't see or smell it, but high levels of carbon monoxide (CO), can kill a person in minutes. When appliances that burn fuel are not maintained and used properly, dangerous levels of CO can result. Infants, elderly people, and people with anemia or with a history of heart or respiratory disease can be especially susceptible.

### What is Carbon Monoxide?

CO is an odorless, colorless gas produced when fuels such as gas, oil, kerosene, wood, or charcoal is burned in engines, stoves, generators, lanterns, gas ranges, etc. CO can build up in enclosed spaces and cause illness or death to those who inhale it.



### If you suspect CO poisoning:

Get fresh air immediately. Open doors/windows, turn off appliances, leave the house. Go to an emergency room and say that you suspect CO poisoning.

### How to Recognize CO Poisoning

Low levels can cause shortness of breath, mild nausea, mild headaches and may have long term effects. Since symptoms resemble the flu, food poisoning, or other illnesses, you may not suspect CO poisoning. Moderate levels can cause severe headaches, dizziness, confusion, nausea, fainting, or death. People who are asleep or drinking alcohol can die before being aware of symptoms.



### CO Detectors

A CO detector may be used as a back-up, but it should not replace proper use and maintenance of appliances. The technology of CO detectors is still developing; they are not generally considered to be as reliable as the smoke detectors found in homes today. Do some research and don't select solely on the

basis of cost. Organizations such as Consumers Union (publisher of *Consumer Reports*), the American Gas Association, and Underwriters Laboratories (UL) can help you make an informed decision. Look for UL certification on any detector you purchase.

### Prevention tips:

- ▶ Have appliances, flues, and chimneys inspected at the start of every heating season.
- ▶ Choose appliances that vent fumes outside.
- ▶ Be sure to follow all appliance instructions and keep areas well ventilated.
- ▶ Never idle the car in a garage even with the door is open. Fumes can build up quickly in the garage and living area of your home.
- ▶ Don't ever heat your home with a gas oven.
- ▶ Never use a charcoal grill, camp stove, or lantern inside a home, tent, or camper.
- ▶ Don't sleep in any room with an unvented gas or kerosene space heater.
- ▶ Never use gas engines in enclosed spaces.
- ▶ Don't ignore symptoms, particularly if more than one person is feeling them.

## Health Page Sources and More Information

Sources: Centers for Disease Control ([www.bt.cdc.gov/disasters/cofacts.asp](http://www.bt.cdc.gov/disasters/cofacts.asp)), US Environmental Protection Agency ([www.epa.gov/iaq/pubs/cofshst.html](http://www.epa.gov/iaq/pubs/cofshst.html)) Always talk to your doctor first about health concerns. Information this page should not replace the care of a professional health care provider.

**More Info: EPA Indoor Air Quality Clearinghouse: 1-800-438-4318 or the Consumer Product Safety Commission: 1-800-638-2772.**