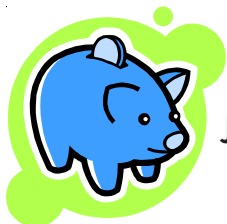


## Learn How To Live Longer

In January, Sage Upstate begins the *Improving Longevity Series*, made possible through a *Fit For The Next 50* grant from the Onondaga County Department of Aging and Youth. Six health information seminars will be offered throughout the months of January, February and March. Participants will learn about things they can do to improve longevity related to physical health, nutrition and mental health. All sessions will be held on Tuesday evenings, 6 - 7:30 pm, at the Sage Upstate Center, 501 James Street (corner of Townsend and James in the First English Lutheran Church).

The first sessions, to be held in January, address physical health. Dr. Rich Jaeger will discuss diabetes and lipids/cholesterol on the 8th, and hypertension and heart disease on the 22nd. Dr. Jaeger will discuss prevention, treatment,

*See "Improving Longevity" on page 3*



### Second Sunday Potluck: January 13, 4:30 pm Financial Planning

*Certified Financial Planners Vicki Brackens, Vivian Derrickson, and Susan Hansen will explain financial planning and how it can help us have better lives. Q & A session included; presentation followed by shared potluck supper. Bring a dish to pass if you are able.*

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

## Sage Upstate in 2007: Year In Review

2007 was start of the "10+ Together" campaign. We recognized the accomplishments of 10 years. We planned for a strong and vibrant future. We celebrated our work together -- highlighted below -- with friends like you.

### Sage Upstate Center Welcomed New Groups

This year we began the Sage Knitting Circle a bridge group and a guitar-players group. We held a seminar on buying and selling a home and began new classes in sign language and dance. Health and wellness programs held in the center covered topics such as chiropractic health and identity theft. Our popular Sage Night Out events evolved into Men's Night Out and Women's Coffeehouse groups which drew 15 - 35 participants three nights a month.

Other groups and classes continued. Men's Empowerment and the HERS Group for Women met twice monthly with 6 - 10 participants. Weekly "Working OUT" yoga classes welcomed 8 - 12 participants. Spanish classes were held in two series with 10 - 12 participants, and the Walking group met when the weather was nice. The Coming Out Later in Life discussion group grew to 8 or more participants biweekly.

The center itself saw some improvements with installations of wireless internet and an intercom to make it easier for folks to visit. Our lending library grew to 1100+ titles.

### Sage Reaches New Areas

Sage Upstate started the year with regional networks established and meeting monthly in 3 counties -- Cortland, Oneida, and Oswego. This year we added Jefferson County, where a network has been meeting each month since June.

*See "year in review" on page 7*

## IN THIS ISSUE...

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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.*

**Executive Director:**

Kim Dill

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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.

▼ If there is interest, Sage Upstate will coordinate trips in the next few months to see shows done by **Syracuse Stage** and **Rarely Done Productions**. *Doubt: A Parable*, which runs at Syracuse Stage from February 3 - March 18, is the story of a Bronx priest suspected of "improper conduct" with a young student in 1964. *All In The Timing*, at Rarely Done Productions, is a six-act show that "combines the cerebral, the wordplay of romance, and thoughts on our closest living relatives on this planet contemplating the Melancholy Dane." If you are interested in joining other Sagers for a trip to either play, held in Syracuse, please contact Carrie Elliott (315-478-1923 or [celliott@sageupstate.org](mailto:celliott@sageupstate.org)) by January 22 to make a reservation.

▼ Start the New Year right by supporting a good cause and having a great meal every month. **Friends of Dorothy House** dinners are held on the last Wednesday of each month (this month on January 30), 5 pm, at St. Vincent's School on Winton St in Syracuse. 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.

▼ The Albany-based group *In Our Own Voices* and The New York State Black Gay Network, Inc. will be hosting 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).

▼ This month's episode of *In The Life*, the LGBT news program on PBS is entitled "Wide Stance." The show, which airs Sunday, January 6, on WCNY at 11 pm, will feature segments on biblical language about homosexuality, a photo essay of men dancing together, a gay rapper, Senator Larry Craig, and a conversation between Kate Clinton and Margaret Cho.

### *LGBT Affirming Recovery Resources*

**Wednesday Nights, 8 pm**, 416 W. Onondaga St. 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, 6 pm, Women's Info**, 601 Allen Street in Syracuse: Monday Night Pride LGBT Al-Anon Meeting

## Improving Longevity (cont'd from p. 1)

and issues relating to each disease as he focuses on the importance of health in improving longevity.

In February, licensed dietician Maria Mahar will lead two sessions on nutrition. On February 5<sup>th</sup> and 19<sup>th</sup> Ms. Mahar will provide educational materials as well as cooking demonstrations. In March, representatives from local health organizations will offer classes on physical and mental health. On March 4<sup>th</sup> a speaker from the Vitality! Program at SUNY Upstate will present a program that will include discussion and exercise instruction. A representative from the Alzheimer's Association will lead a seminar on March 18 that will cover wellness strategies for keeping your brain active and healthy and ways to improve mental agility for longevity.

All classes are free, but participants must register in advance by calling 315-478-1923 or e-mailing [celliot@sageupstate.org](mailto:celliot@sageupstate.org).

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## Uzuri in January

The Uzuri social group for aging LGBT people of color will meet on January 11, 6:30-8:30 pm for a New Years Celebration. Come create and/or share an intention for the year (optional). Food, Music, Door Prizes, and more.

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## Healthy Minds and Bodies

Our Healthy Minds and Bodies programs -- HERS group for Women, Men's Empowerment, and Working OUT Yoga -- will continue in the New Year. All are free and are seeking new members. Those who wish to attend should register in advance by calling 315-478-1923 or e-mailing [celliot@sageupstate.org](mailto:celliot@sageupstate.org).

- ▶ Men's Empowerment Group meets on 2nd and 4th Wednesdays at 6 pm
- ▶ HERS Group for Women meets the 1st and 3rd Wednesday at 6pm (in January, also the 5th)
- ▶ Working OUT yoga classes will resume on Saturday mornings at 10:30 am on January 12 after a short holiday break.

### The Sage Upstate Board is seeking nominations . . .

If you or someone you know is interested, please contact Sage Upstate.

## Lend Sage a Hand

- ▼ **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, January 29. 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.
- ▼ *Contact Carrie Elliott at 315-478-1923 or [celliot@sageupstate.org](mailto:celliot@sageupstate.org)*

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## Ready For Your Close-Up?

Sam Basile's auditioning lessons will start up on Monday nights in January at the Sage Upstate Center. The lessons, which will continue through February, will run from 5:30 to 8 pm and will prepare you for all your auditions in life -- a role in a play, a job, or even a date. Please register in advance by calling 315-478-1923 or e-mailing [celliot@sageupstate.org](mailto:celliot@sageupstate.org).



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## There's Still Time To Swing!

Susan Shockey will continue to offer Swing Dance lessons on Tuesday nights (6:30 - 8) at the Sage Upstate Center through January.



There's still time to join the class by contacting Carrie at 315-478-1923 or [celliot@sageupstate.org](mailto:celliot@sageupstate.org). Classes are free -- please register in advance. **Coming in February: Waltz**

## Starting in February: 60+ Group

Watch next month's newsletter for more on this group for Sagers age 60 and older. Programs will feature social time health and wellness information, and other activities decided by participants.

# Sage Upstate Calendar: January 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).*

**Auditioning Classes:** Sam Basile's Auditioning Classes begin January 7th and continue on Monday nights through January and February. The classes run from 5:30 - 8pm. Please register in advance.

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

**Dance Classes:** Susan Shockey will continue teaching Swing classes in January at 6:30, Tuesdays, January 8 - 22.

**Guitar Group:** Sage's new guitar group meets the 1st and 3rd Thursday of the month (1/3, 1/17) 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 and 5th Wednesday (1/2, 1/16, 1/31), 6 pm. Facilitated by Susan White, MA. This group explores aging issues among lesbian, bisexual, and transgender women. Please register in advance.

**Improving Longevity:** Sage's Improving Longevity Program kicks off in January with two presentations by Dr. Richard Jaeger. Join us for health information related to prevention and treatment of diabetes and lipids/cholesterol. (1/8) and hypertension and heart disease (1/22). Sessions run from 6-7:30. Please register in advance.

**Knitting Circle:** Meets Wednesdays in January, starting January 9th, at 7 pm, with instructor Deborah Hardy. Open to those who wish to learn and those who wish to knit with others. Beginners should bring a set of size 8, 9, or 10 knitting needles.

**Men's Empowerment:** 2nd & 4th Wednesday (1/9, 1/23), 6 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, (1/4, 1/18) 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.

**Rainbow Alliance of Central New York:** Thursday, January 17, 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: January 26th at 6 pm, the Access to Independence Center, 26 N Main St, Cortland.

Jefferson Network: January 6th, 1:30pm, All Souls Unitarian Universalist Church, 1330 Gotham St, Watertown.

Oneida Network: January 18th, That Place, 216 Bleeker St, Utica.

Oswego Network: Call for time/date. To help organize a meeting contact Carrie Elliott.

**Sage Board Meets:** Wednesday, January 9, 5:15 pm.

**Second Sunday Potluck -- Financial Planning:** 4:30 Sunday, January 13. Join us to learn about financial position, accumulation goals and retirement planning, estate planning and more. Panelists include Vicki Brackens, Metlife; Vivian Derrickson, Ameriprise Financial Services; and Susan Hansen, Hansen's Financial Services. Bring a main dish, side dish, or dessert 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! Monday, January 14, 5 pm.

**Uzuri:** January 11th, 6:30 pm. This month's meeting is our New Years Celebration. Come join us for food, music, door prizes, and a whole lot of fun!

**Volunteer Night:** Join us on Tuesday, January 29, 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 (1/25) at 6:30 pm. Enjoy coffee, soft drinks, pizza, games, movies and socializing with other Sage women.

**Working OUT Yoga classes** start another session on Saturday January 12, at 10:30. Please register in advance.

## Year in Review (cont'd from page 1)

### Newsletter: New Features, New Reach

The newsletter grew to 8 pages and a calendar was added. We also published the first August newsletter. Volunteer nights welcomed 8 - 12 helpers who labeled, stuffed, and sealed more than 800 newsletters each month. In addition, more volunteers distributed our newsletter to 57 drop-off sites each month. The Health and Wellness page of each issues covered topics such as sexuality changes with aging, cataract awareness, high blood pressure, and quitting smoking.

### New Faces

This year Sage launched a campaign to reach new areas in the local LGBT community. In addition to establishing groups in new geographic areas, we worked to reach out to other segments of our community. Uzuri, a Sage group for older LGBT people of color, was formed this year, and Sage was a sponsor of the Choc-Late Jam held by the FACES program. Uzuri meets monthly in the Sage Upstate Center. Sage Upstate received a grant from the Gifford Foundation to conduct this outreach campaign, which will continue in 2008. Next year Sage is planning new groups for people age 60 and older and for older transgender individuals.

### New Staff

Sage Upstate's staff has grown -- Executive Director Kim Dill isn't the only person in the office any more. We also received funding from the Central New York Community Foundation to hire a program coordinator. Carrie Elliott started in August in the position -- she joins Office Assistant Tony Fonehouse, who started in 2006. During the summer both Marilyn Austin and Ron Baldwin worked on a contract basis to keep programs going.

### Fun Events

Sage Upstate held 3 dances in 2007 -- the Cabin Fever Kicker, the Pride Dance, and the Annual Halloween dance -- which drew from 70 to 120 people. More than 30 Sagers marched in the local Pride March on and around our very first float, built by Bob Metzler. More than 40 folks participated in the Sage bus trip to the NYC Pride March, and some of us marched with Sage NYC there. Our Annual picnic drew more than 150, and our 10 year celebration feast -- the November potluck with a

turkey dinner-- drew more than 200. The celebration of our anniversary included the presentation of a plaque to founders and board members at a reception in the center, a video presentation of the history of Sage, and a beautiful cake. Our Second Sunday potlucks welcomed an average of 70 each month and offered programs on travel, cooking, legal issues, the "gay old days of Syracuse" and an intergenerational panel.

### Networking and Advocacy

Sage Upstate was represented at the first reception held by a NY Governor for the LGBT community, held at the Governor's Office in Albany. With the Rainbow Alliance of Central New York -- which met monthly in the Sage Upstate Center -- we presented a "LGBT Family Album Project" event featuring photos of local families. 15 Sagers traveled to Albany in May to educate legislators on issues that affect our lives. Sage Upstate's work with the NY LGBT Health and Human Services Network and its Senior Issues Committee helped lead to inclusion of LGBT issues in the federal 4-year plan of the New York State Office On Aging. Sage also joined Sage Manhattan and Sage Queens to offer training to NY State Long Term Care Ombudsman Volunteers and Affirmative Action officers from around the state.



Top Left: Sage Members ride in the Pride Float, Top Right: Sage Members advocating and educating at Equality and Justice Day in Albany. Bottom: Sage Members and the mayor at Pride.

# Health & Wellness Page

## Be Ready For Winter Storms

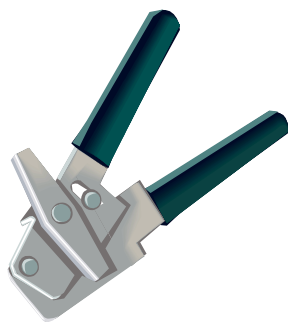
Winter storms and severe weather can have deadly consequences. Extreme cold can cause hypothermia; fireplaces, heaters, and candles can cause fires or toxic fumes; hazardous road conditions can cause accidents. Use these tips from the Centers for Disease Control ([www.cdc.gov](http://www.cdc.gov)) and stay prepared.



### In the home:

It's good to have a week's worth of food and safety supplies on hand:

- ▶ drinking water
- ▶ canned/ no-cook food
- ▶ non-electric can opener
- ▶ prescription drugs and other medicine
- ▶ first aid kit
- ▶ salt to melt ice on walkways
- ▶ flashlight and batteries
- ▶ battery-powered lights
- ▶ radio (battery-powered)



**Staying Warm:** If you have a fireplace, keep the logs stocked; if you don't have a space heater on hand with fuel or batteries. Use space heaters with automatic shut-off switches and non-glowing elements. Have a fire extinguisher nearby, a working smoke detector, and a carbon monoxide detector (check the batteries in both).

### In the car:

Keep items in your car to stay prepared: cell phone, shovel, windshield scraper, windshield fluid, paper towels, battery-powered radio, flashlight (with batteries), water, snack food, extra hat, coat, mittens, blanket, chains or rope, emergency tire sealant, bright colored flag or help signs, first aid kit, tool kit, road map, compass.



### If you are trapped in your car:

- ▶ don't leave the car unless help is visible
- ▶ display a help sign
- ▶ raise the hood or hang a bright colored cloth from the antenna
- ▶ to keep warm, turn on the heater for 10 minutes every hour
- ▶ to avoid losing battery power, do not use the lights or the heater unless the car is running
- ▶ keep the exhaust pipe free from snow to avoid carbon monoxide poisoning
- ▶ do light exercise to stay warm
- ▶ if you are alone, stay awake as much as possible; if you are with someone, take turns sleeping and for warmth, huddle close together
- ▶ wrap your body and head with extra clothes, blankets, newspapers, maps, or removable car mats
- ▶ do not eat snow -- it lowers body temperature

## Understand Emergency Broadcast Terminology

**Winter Weather Advisory:** expect winter weather conditions to cause inconvenience and hazards

**Frost/Freeze Warning:** expect temperatures that are below-freezing

**Winter Storm Watch:** be alert -- a storm is likely

**Winter Storm Warning:** take action -- the storm is in or entering the area.

**Blizzard Warning:** seek refuge immediately -- snow and strong winds, near-zero visibility, deep snow drifts, and life-threatening wind chill.