

Services and Advocacy for GLBT Elders

Who are You? We want to know.

We are now compiling the results of the survey we did last month on your program interests and other information. If you remember, that survey was anonymous. It will give us some great info on who we are serving, and the anonymity no doubt allowed folks to feel free to give us whatever feedback was needed. Look for the report on that survey in the next issue.

Now we turn to another type of survey -- SAGE Upstate is now gathering information on each of its members and participants. This survey is not anonymous. We are asking folks to provide us with their specific biographical information -- age, race, gender, etc -- and also other details about themselves, like whether they drive or have a computer.

Why do we need this information? First and foremost, it will help us match your needs with programs that may be useful for you. For example, we may find that a large percentage of SAGERS are caregivers. We could set up a caregiver support group, and we'd be able to contact all caregivers among our participants to let them know.

Secondly, knowing who we are serving also points out who we are missing. This information will help our outreach efforts.

Last and certainly not least, funders want this type of information from us. In order for us to continue to get support for programs serving the older LGBT population, we need to be able to tell the state and granting agencies more about who we serve.

For all of the reasons above, please help us out by completing a participant information survey, which will be posted on the SAGE Upstate website in early January (www.sageupstate.org) Paper surveys will be available at the office, at the potlucks, in groups, and we can mail one to you.

Potlucks -- We need YOU to make them work

We've had pretty good luck with our potlucks. We usually have enough food, and miraculously people usually bring the right mix of sides, desserts, and main dishes. However, this has not been the case at recent potlucks. The food has been running short, and at times most of the dishes were desserts. Here are some ways you can help:

▶ **Bring a main dish** to some potlucks. Maybe every other time you come. Don't completely rule out sides or desserts -- we need those too.

▶ **If you are able to bring a dish or make a donation** -- please consider doing one or the other when you come to the potluck. We don't want everyone to take the donation route, though. Then we'd really have no food.

▶ **No one will ever be turned away** at the potluck. We welcome everyone to join us at the table. However, **our table is nothing without the wonderful dishes shared by members.**

Thank you to all of you for making our potlucks great!



SECOND
SUNDAY POTLUCK

Your Survey Responses

We'll make a short presentation on your responses to our program survey, then hold a question-answer session.
Social time starting at 4 pm; Program at 5 pm, Dinner at 6 pm.

Potlucks are held on the 2nd Sunday each month at the First English Lutheran Church, 501 James, in Syracuse

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

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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, and SAGE USA. SAGE Upstate presents a wide variety of programs that may entertain as well as provide information. These programs represent the views of the speakers only, who are responsible for the content and accuracy of their presentation, and should in not be considered an endorsement by SAGE Upstate.



**FROM THE
EXECUTIVE DIRECTOR**

by Kim Dill

On The Move . . .

It doesn't seem like it's been that long since we were contemplating a big move into the First English Lutheran Church. Well, it didn't start that way. Four years ago we had temporary space here, an office, while we looked elsewhere for something that was accessible and had parking, a big hall for potlucks, and plenty of meeting space. After a year search we realized we had already found our space -- we were in it. We expanded to two, three, then four offices and meeting rooms. That was a lot for us back then. Now, it's not quite enough. On many nights we have a need for three meetings but space for two. Our staff has grown to three people; two of them share an office with a giant copier and other office equipment. Some programs -- like Men's Night Out -- are spilling out of the room we have to offer.

We've had a wonderful relationship with the church, as they have been so supportive. But last year we were told that their future is uncertain and they were contemplating closing their doors. At that time, SAGE Upstate formed "Search for New Space" committee. Things look better for the church now and we hope that continues, because they do such wonderful work. At the same time, it gets more and more challenging to share our potluck space with so many others who receive vital services there.

So, here we are again, considering a big move. The needs are the same -- more space, accessibility, parking, a hall where we can hold potlucks. . . We think we have found that space in the CNY Philanthropy Center, owned by the Central New York Community Foundation. At its December meeting, the SAGE Upstate Board voted to move forward in this venture. We will soon start discussions on buildout and a rental agreement. We'll know more next month, and we will bring that information to you. For now, here are the basics:

- ▶ **The building is located at the corner of Townsend and Fayette** across from Fireman's Park. The Community Foundation will rent space to other non-profits too. There are two parking lots and plenty of street parking.
- ▶ **We would pay about \$200 more per month for twice the space.** We would go from about 1,000 square feet to more than 2,000. Two offices to three plus storage. Two meeting rooms to three, plus a big drop in center.
- ▶ **The big cost will be in the buildout.** The Community Foundation will pay for the basic renovations -- carpet, HVAC, etc. The portion of the "buildout" that we would pay would be for the walls and structures that would define our space by dividing it into offices and meeting rooms. We are trying to raise that sum -- \$47,000 -- separately. I'm happy to tell you that an anonymous donor has kicked off the campaign with a \$15,000 contribution, so we are well on our way. Anyone else? Would you like a reading room named after you?

More news to come. However, if you want to ask a question or give some feedback, call or email any time: 315-478-1923 or kdill@sageupstate.org. Hope to see you at an event sometime this month. --Kim

PROGRAM CORNER

New Year, New Programs

All programs meet in the SAGE Upstate Center. For more info, call 478-1923. See calendar (page 6-7) or program listings (page 8) for details.



Art of Aging: Creative Writing

The Art of Aging series continues with a class on creative writing led by Kyle Bass. Starts 1/17.

Open Minds Mental Health Support Group

Peer support group for those who are too often silenced by the double stigma of being LGBT and having a mental health condition. Starts 1/20.



Daytime and Women's Programming

Come for a daytime social event -- poker and a movie -- on 1/14, or gather with others to talk about what SAGE should do in terms of women's programming on 1/11.



SAGEWorks

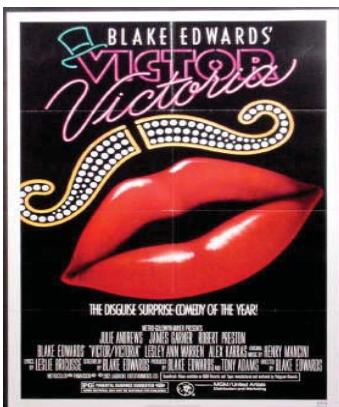
Are you 40 or older and interested in improving job/computer skills? Computer Classes, Job Readiness Workshops, AARP Worksearch Job Assessment.
All Programs Offered Free of Charge
315-478-1923

SAGEWorks: Advanced Computer Classes

Instruction on advanced computer skills focused on using the internet as a daily resource. Starts 1/12 -- Resume writing class will be held on 1/13.

Resume Writing Class

Are you looking to beef up your resume? Looking to wow employers? Then the SAGE Resume Writing Class may be perfect for you! As part of our SAGEWorks program, we will be having a resume writing class on January 13th at 6:30pm. The class will be held at the BOCES in Liverpool. Look for more details to follow. Please call in advance to register or for more details.



SAGE Upstate Movie Night 3rd Tuesday: Jan. 18, 7 pm

Victor/Victoria. Set in 1930s Paris, and follows starving opera singer Victoria (Julie Andrews) and gay cabaret performer Toddy (Robert Preston). When Victoria dons Toddy's ex's clothes and then sends the abusive ex flying with a booming shout and an equally booming right hook, Toddy is hit with inspiration: he'll pass her off as a female impersonator. A woman pretending to be a man pretending to be a woman? It all goes well until Chicago "businessman" King Marchand (James Garner), starts to investigate, sure that a man like himself could never fall for another man! The revelation of King's infatuation brings his body guard 'Squash' Bernstein (Alex Karras) roaring out of the closet and his spurned moll Norma Cassady (brilliantly acted by Leslie Ann Warren) off to Chicago to plan revenge with King's other "business associates."

Bruising: How aging changes it, when to call a doctor

Maybe lately you've been bruising much more often than you used to. Easy bruising becomes more common as we age, but it can also be a sign of a serious condition. Find out more with this information from the Mayo Clinic.

Why Is It Easier to Bruise As We Age?

First, let's look at bruises in general -- they form when small blood vessels near your skin's surface are broken by an impact. Blood leaks out of the vessels and you can see a red, purple, or black mark on your skin. As the blood is reabsorbed by the body, the mark disappears.

As we age, we bruise easier because of aging capillaries and thinning skin. Over time, tissues supporting capillaries weaken, and their walls become fragile and more prone to rupture. Skin becomes thinner as we age and it loses some of the protective fatty layer that helps cushion your blood vessels. Exposure to the sun can accelerate these aging processes in the skin.

Medications and Supplements

Blood-thinning drugs (aspirin, warfarin, coumadin) or other medications like clopidogrel (Plavix) reduce the blood's ability to clot. This may cause capillary bleeding to take longer to stop, allowing more blood to leak out and cause a bruise. Corticosteroids cause skin to thin and so can make bruising more likely. Dietary supplements like fish oil and ginkgo have a blood-thinning effect and may also increase bruising. Don't stop taking your medications if you think they contributing to bruising -- talk to your doctor about your concerns.

Bruising May Indicate a Serious Condition

Bruising may point to a blood clotting problem or a blood disease. See your doctor if:

- ▶ You have unusually large or painful bruises, especially if they seem to form for no reason
- ▶ You're bruising easily and you're experiencing abnormal bleeding elsewhere, like from your nose, gums, or intestinal tract
- ▶ You have no history of bruising but suddenly you experience bruises, particularly if you recently started a new medication.

Avoiding Bruising

If swelling is associated with the bruise, apply a cold compress for 20 minutes at a time, then elevate the affected area. After the swelling has gone down, a warm compress may speed up removal of the blood.

To prevent bruises, eliminate household clutter, and keep walkways open. Long-sleeved shirts and long pants can provide an extra layer of protection for the skin. Remember to avoid prolonged exposure to the sun to keep your skin healthy.

What if a bruise means something else?

If a loved one has an unexplainable bruise, particularly in an unusual location such as the face or the eye, it could signal abuse. Learn what you can in a respectful way, and let the person know it is safe to talk to you. Be patient and let them tell their story. Offer options but don't tell the person what to do. Always talk to the person about safety -- are they safe, do they have a safe place they could go?

Contact Vera House 24 hour hotlines for support and information:

315.468.3260 - domestic violence 315.422.7273 - sexual assault 315.484.7263 - TTY (business hours)

Sources: Mayo Clinic (mayoclinic.com), Vera House (verahouse.org)

HEALTHY AGING

Ask Amelia . . .

Need advice? Got a question? Something troubling you? Ask Amelia! Introducing SAGE Upstate's answer to Dear Abby. Send your concerns about love, relationships, or other important matters to: Amelia, PO Box 6271, Syracuse, NY 13217 or info@sageupstate.org. Amelia is not writing the "official" SAGE Upstate view -- she is simply a member who cares. She does not offer professional counseling, just her own sensible opinions.

Dear Amelia,

My partner and I have been together for 10 years. We have fallen into a rut. Other than the SAGE potlucks, we don't go out anymore. She and I sit home and watch TV at night after supper. We are both on fixed incomes so we don't have a lot of money to spend. Any ideas for some cheap things to do?

Signed,

The Couch Potatoes

Dear SAGE Spuds!

You lucky girls!!! There are many low/ no cost activities around Syracuse that you two may enjoy. To keep your relationship fresh, I suggest you plan a "date" each week. Write down your interests (music, a play, lecture, art show, outdoor, film, social event, etc..) and throw them in a hat. Pull a slip each week to see what your date will be, then check out your options.

Here are some websites to help you.

Onondaga County Parks: onondagacountyparks.com/winter-activities

Syracuse Winterfest is in February: syracusewinterfest.com

Syracuse Arts lists daily events: syracusearts.net

The libraries have free events: <http://www.onlib.org/>

Syracuse University offers free concerts, art exhibitions and other events for the CNY community: www.syr.edu

Our own Sage Upstate hosts many free events: www.sageupstate.org

A few of my favorites are the Highland Forest sleigh rides, snowshoeing at Beaver Lake, and photography/art exhibits at the local libraries. Local churches and clubs sponsor free live music, so I go whenever I can.

Whatever you decide, get off the couch and get out of the house!!!

Amelia

Do Join, Don't Miss Out (DJDMO)

by Cheryl Ann Costa

As many of you know there are a lot of people in the GLBT community who served in various branches of the armed services -- this author included. The thing that really concerns me are the number of GLBT vets and how many of them don't join post service organizations like the Veterans of Foreign Wars (VFW), the American Legion, AMVETs and many others groups intended to foster camaraderie among former service men and women.

Look at it this way, we all served our country and that sets us apart from those who didn't, enough said. There's no reason not to join a service support organization and there's plenty of good reasons to join. For one thing, membership has its privileges, like access to club facilities and to people who know how to massage the system to get the most out of little known and seldom used veteran's benefits. Service clubs also hold great social events and provide us with special representation in the state legislatures and in the halls of congress. The benefits range from VA medical benefits, to low interest home and business loans. Did you know that there are even a few tax exemptions for veterans?

Right here in Onondaga County, there's a program called the Onondaga County Veteran's Favor Card. This card is good for discounts with a long list of merchants & services all over the county and for discounts at the Syracuse Symphony and so much more. You can get this card by simply going to the county clerk's office in the county building downtown with a copy of your DD-214 and proof that you're a local resident -- your NYS drivers license will do. Oh, you changed gender and your DD-214 is in your former persona's name? Simply bring both your DD-214 and a copy of your court ordered name change, the clerk's office is very friendly and professional and oh yes, they've seen this sort of thing before. I got my card this past summer and I most certainly wasn't the first Trans-vet to get a Favor Card.

Cheryl Ann Costa transitioned 21 years ago and is a long time activist for the trans community nationally. She is a New York State native and served in the Air Force in Vietnam and later for many years in the Navy. As a vocation she is a published playwright and mystery writer. Professionally she is a Security Engineer for a top Fortune 100 company.

JOIN **Sage**  TODAY
Upstate

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



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For more information, call 469-1991 or visit www.loretto-cny.org

Memorable Moments from 2010



Our Pride Float was fabulous!



The Art of Aging taught us to look at aging through art.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2011</h1> <p>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.</p>						1
2	3 Monday Night Men's Group -- closed, 6 pm	4	5 Knitting Circle, 7pm	6	7 Men's Night Out 6pm	8 *SAGEWorks Orientation, 2pm
9 Potluck, 4:30pm	10 Monday Night Men's Group -- closed, 6 pm	11 Share ideas for women's socials -- pizza provided, 6 pm	12 SAGE Board 5:30 pm *SAGEWorks, 5:30 pm Knitting Circle, 7pm	13 2nd Sunday Potluck committee, 3 *Resume Writing Class 6:30 pm Q Discussion and Social Group, 7 pm	14 Daytime Social: Poker and a Movie, noon Uzuri, 6:30 pm *SAGEWorks Orientation, 5:30 pm	15 Transpotluck, 5pm
16	17 Creative Writing Class, 5:30pm Monday Night Men's Group -- closed, 6 pm	18 LGBT Bereavement Group, 6 pm Third Tuesday Movie: Victor/Victoria 7 pm	19 *SAGEWorks, 5:30 pm Knitting Circle, 7pm	20 Open Mind: Mental Health Support Group 6 - 8	21 Men's Night Out 6pm Cortland Ntwk 5 pm	22 Karaoke, 6:30 pm
23 Oswego Ntwk 2 pm Cayuga Ntwk 2 pm	24 Cr. Writing 5:30pm Monday Men's, 6 Cr. Writing, 5:30 Monday Men's, 6	25 LGBT Bereavement Group, 6 pm	26 *60+ Circle of Friends, 12:30 pm *SAGEWorks, 5:30 pm Knitting Circle, 7pm	27 Q Discussion and Social Group, 7 pm	28	29
30	31					

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- Empower Fed. Credit Union**
Deraux Branch, 426-5726
empowerfcu.com
- Nottingham Pet Clinic**
120 Julian Plaza
315-446-9241
- Jeff Kreis Heating A&C**
469-7852
Heatman315@aol.com
- Syracuse University LGBT Resource Center**
443-3983
- Sparky Town Restaurant**
324 Burnet Ave.
Mon - Fri 11 - 8, Sat 8 - 3
- Branch's Driving School**
478-2446
DriveWithBranchs.com

JANUARY 2011 PROGRAMS & EVENTS



Unless otherwise noted, 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). To register, or for more information, contact SAGE Upstate at 315-478-1923.

60+ Circle of Friends: 1/26, 12:30 pm. LGBTQ seniors 60 and older meet for lunch. Call for details.

Bereavement Group: 6-week community group open to all members of the LGBT community who are grieving; meets in the SAGE Upstate Center 1/18 - 2/22 at 6 pm.

Board Meeting: The SAGE Upstate Board will meet on 1/12 at 5:30pm.

Cayuga County Regional Network: 1/23, 2 pm at Auburn Unitarian Universalist, 607 North Seward St, Auburn. Bring a dish to pass if you are able.

Cortland County Regional Network: SAGE Upstate and the Cortland LGBT Center joint LGBT Happy Hour at the Bluefrog Coffeehouse, 64 Main Street, Cortland, NY 1/21, 5pm

Creative Writing Class: The Art of Aging Creative Writing Class is held on Mondays, 1/17, 1/24 and 1/31 at 5:30pm.

Daytime Social: Come join us for a poker game and/or a movie -- both will be going on in the center -- you choose! 1/14 at noon.

Karaoke: Come join your fellow SAGErs on 1/22 at 6:30pm.

Knitting/Needle-point/Crocheting Circle: Wednesdays, 7 pm, led by Deborah Hardy.

Men's Night Out: 1st and 3rd Fri 1/7 and 1/21, 6 pm. Join SAGE guys for pizza, games, movies & fun.

Men's Support Group: Closed support group for men. Mondays at 6pm. New members are accepted twice per year. Call for more information.

Movie Night: 3rd Tuesday, 1/18 at 7pm. Popcorn and soda provided. *Victor/Victoria*

Program Planning Committee: Come share your ideas for SAGE programs on 1/20 at 6pm.

Open Mind Mental Health Support Group: Safe space/peer support group for LGBT people with a mental health condition. 3rd Thursday, 1/20, from 6 - 8 pm. Info: 478-1923 or Vivian Chapellier, TLS, 315-475-1994. Co-sponsored by SAGE Upstate and Transitional Living Services

Oswego Network: 1/23, 2 pm, at Fallbrook, 103 Thompson Rd, Oswego. Bring a dish to pass if you are able.

Q Discussion and Social Group: 2nd Thu (1/13), 7 pm at SAGE Upstate, 4th Thu (1/27), 7 pm meets out in the community. Call for details.

Resume Writing Class: 1/13, 6:30pm. Call ahead to register. Class being held at OCM Boces in Liverpool.

SAGEWorks: Orientations: Saturday, 1/8, 2 pm; Friday, 1/14, 5:30pm. Classes: Wednesday, 1/12, 1/19 and 1/26, 5:30pm. 4th floor computer lab at the Onondaga County Central Library in the Galleries at 447 South Salina Street in Syracuse. Call to register and for more information.

Second Sunday Potluck: Sunday, 1/9, 4:30pm. Social time at 4, Program at 5, Dinner at 6.

Second Sunday Potluck Committee: Thurs, 1/13, 3pm. Bring your energy and ideas — all welcome.

Transgender Potluck: SAGE potluck for trans people as they age. 1/15 5pm. Bring a dish to pass if you are able.

Uzuri: 2nd Fri 1/14 6:30 pm. Social group for aging LGBTQ People of Color.

Women's Social Group: Come share your ideas for women's social programming at SAGE. 1/11 at 6pm. Pizza will be provided.

For an
audio
copy
of the
SAGE



Upstate News:

If you would like to be sent a CD with an audio version of the newsletter call 315-478-1923.



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.



Upon request, SAGE Upstate can provide accessibility resources, including sign language interpreters, materials in large print, and audio recordings of materials. Please request interpreters at least 48 hours in advance. For these or any other special needs, please contact Kim Dill at 315-478-1923 or kdill@sageupstate.org.

Community LGBT Bereavement Group Starts This Month

When LGBT people experience grief, it can be even more painful because we have suffered other losses as well -- losses as a result of coming out, the AIDS pandemic, hate crimes, despair, or isolation. Because we are members of a chosen family, our grief over the loss of family members or partners may not be seen as being "real" as loss experienced by heterosexual partners or biological family members.

On January 18, a six-week bereavement support group starts for all LGBT community members who are grieving. The group will be held in the SAGE Upstate Center on consecutive Tuesdays, 6 pm through February 22.

The group will be co-facilitated by Geri Lynne Jackson, LMFT and Arlene Ahl, LCSW, and is free and open to all LGBT people. The group will create a safe space to acknowledge loss, speak openly about our grief, and allow for participants to support one another in beginning the healing process. To register, please contact Arlene Ahl at 315-422-2868, ext.9. Leave a voice message and she'll get back to you asap.

Next up for
ART OF AGING:

PASTELS

Tuesdays, 5:30 pm
Starting in March.

Instructor: Wendy Harris

For more information or to register
315-478-1923

AROUND TOWN

▼ **All Power to the People!** is the next installment planned at ArtRage Gallery (505 Hawley Ave. in Syracuse). The exhibition features Black Panther Party posters and newspaper graphics produced in the 1960s and 1970s. It highlights the artistry of Emory Douglas, and documents the Panthers' involvement with a broad array of causes, including opposition to the Viet Nam War and solidarity with the United Farm Workers movement. The social programs of the Panthers and the powerful images of armed party members had a strong impact on the public consciousness of the time, and their efforts to combat the oppression of racism and poverty still resonate today. The opening for All Power to the People! will be held on 1-8 and the exhibit runs through 1-19.

▼ **Healthlink**, a health information program of Upstate Medical University, offers free health programs presented by physicians, nurses, and other medical professionals. This month's programs: **Quit Smoking for Good & for FREE:** personalized quit plan, resources, relapse prevention, series starts 1/4, 12- 1 pm, register in advance. **Managing Your Hospital Stay:** what to expect at the hospital, insurance, health care proxy, discharge planning, 1/10, 6 - 7 pm, Liverpool Public Library. **Health Information Resources:** learn where to access accurate medical information, 1/20, 6 - 7 pm, **Summer Legs Now:** learn about varicose vein treatment options, 1/24, 6 - 7 pm, **Your Job Is Killing You -- What Next?** Find out what to do if your doctor has recommended you quit because your job is taking a toll on your body. Learn about physical, social, financial, and psychological effects and options. 1/31, 5-6pm. All programs except Managing Your Hospital Stay will be held at HealthLink Site , 6333 Rt 298, East Syracuse. To register: 315-464-8668 or upstate.edu/healthlink/register.php.

▼ **The Urban Video Project** at the **Everson** this month features a piece by Jeff Gibson entitled *Asylum*. In a 6:02 minute loop, the film will be projected onto Everson Building, Thursday - Sunday, 6:30 - 11 pm from January 1 - 31. The project can be viewed from Community Plaza. In *Asylum* Gibson takes a page from each of his two most recent artist's books: *Dupe: A Partial Compendium of Everyday Delusions* and *Sarsaparilla to Sorcery*. Through a chain of slow, poetic dissolves, the video blends psychologistic text with dreamy, morphic imagery into a weirdly visceral stream of consciousness.

HEALTH & WELLNESS PAGE

In with the New Year, Out with the Clutter!

A few months ago I attended the SAGE National Conference, and one of the workshops, "Unstuff Your Life," was about getting organized and decreasing the clutter. Andrew Mellen presented on his book (same title as the workshop), and it was very well attended by conference participants -- older LGBT people from all over the country. I thought the info may be useful to some of you. --Kim

What is "Getting Organized?"

Many people dread getting organized because they think it's too much work. Mellen says no -- being organized is about doing less, not more. It's about eliminating nonessential things. It's about defining what is important to you as opposed to what might seem urgent coming from someone else. Getting organized is not a diet for your stuff, says Mellen -- "you don't have to starve yourself." You do have to be constant and deliberate from here on out.

One home for everything and store like with like

If you follow this rule, then everything you own can only be in one of two places -- in use, or in its home. If you only take this one step and find homes for all of your stuff, you will be in much better shape in terms of finding the things you need. Like items should be stored in one home -- a place where it makes sense to store them. For example, keys in a special place by the door, measuring cups in a certain drawer in the kitchen, bags in a certain closet. Try storing your cell phone in the place in your home where you charge it. When you are finished with a call put it back there. Think about how like items could be grouped. Where might you store all of your pens and paper? Hats, gloves, scarves? Computer accessories and software?



Stuff Equilibrium

Once you've gotten things sorted and stored, try to bring yourself to "stuff equilibrium." When you get to this point of having all the stuff you need -- stay there. Each time you purchase something new and bring it home, get rid of something else in that category.

Health and Wellness Page Source: *Unstuff Your Life*, by Andrew Mellen, published by Avery, the Penguin Group, 2010.

Decluttering tips for specific areas:

► **Kitchen counters:** What would you use your counter tops for if you had more space? What's filling them up? Sort these items into two groups: A. What is essential for use on the counter top, and B. what is not. Divide B into three more groups and act: C. things to leave the house, D. things that need homes in other rooms, and E. things that need to be stored inside a cabinet or closet. Now place the A group on the counter top and enjoy the space you created.

► **Filing:** remember to store like with like. Determine what categories of files you need and dedicate a desk drawer or file cabinet drawer to each. Choose a home for things that need to be filed, and select a day/time each week to do your filing.

► **Photos:** divide into categories that make sense (family, holidays, vacation, etc), then ask: Is it a good picture (in focus, centered, etc)? Is it flattering? Do I know the people? If it's a close duplicate of other shots, is it inferior? Superior? Do you really want to keep photos of your exes? Come up with your own questions then sort, store, eliminate.

► **Sentimental objects:** Remember -- things are not the people they remind you of. It's ok to let go -- when everything is precious, nothing is precious. What you keep -- sort with like and make a home for it.



Legislative Update

DADT Repealed!

After an agonizing back and forth in the Senate, the military's Don't Ask, Don't Tell Policy was finally repealed on December 18. By a vote of 65-31, Senators approved a stand-alone bill eliminating the military's 17 year old ban on gays and lesbians serving openly in the U.S. military. Earlier that week, the House of Representatives overwhelmingly approved the measure. The bill now heads to President Obama's desk who has promised to sign it. Following the vote, President Obama said, "It is time to recognize that sacrifice, valor and integrity are no more defined by sexual orientation than they are by race or gender, religion or creed. It is time to allow gay and lesbian Americans to serve their country openly."



New Vote Planned on Gay Marriage in the NYS Senate?

According to the Wall Street Journal, many advocates for LGBT rights say that the chances are even better to legalize marriage for same-sex couples, even in a Republican-controlled Senate. The Empire State Pride Agenda says their count after the November elections shows a net gain of two votes for marriage equality. The group also notes that Senate Republican leader Dean Skelos has promised to bring the issue to the floor again.

Bill: Include historical LGBT contributions in textbooks

According to the Los Angeles Times, California State Senator Mark Leno is proposing legislation that would require textbooks used in California include "historical contributions" made by LGBT people with the hope that information would reduce bullying. While the bill is expected to pass, Leno noted that a similar bill in 2006 was vetoed by Governor Arnold Schwarzenegger.

Is America Ready for a Gay President?

A gay president? Jimmy Carter thinks so. In a recent interview with Big Think, the former US President said he believes the country is at a point where it will soon be acceptable to elect a gay president. "Step by step we have realized that this issue of homosexuality has the same adverse and progressive elements as when we dealt with the race issue 50 years ago." While the former President does not think we will see a gay president in the next election cycle, he thinks that it will happen in the near future.

Our Annual Appeal is Underway. . .

PLEASE CONSIDER
MAKING A DONATION
TO SAGE UPSTATE

Your support will help us to serve older LGBT people in Central New York.

Please take a minute now and consider a gift to help us serve those who need us. You should have received a donation appeal in the mail -- if you need one contact us. Or simply send in your check with "appeal" written in the memo. You can also donate online at www.sageupstate.org.

THANK YOU FOR YOUR
CONTINUING SUPPORT

LGBT Affirming Recovery Resources:

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

Alcoholics Anonymous 315-463-5011
www.syraa.org

A WELCOMING
ENVIRONMENT
FOR ALL

SAGE Upstate is committed to creating an environment where ALL older LGBT people feel welcome and a sense of belonging. If you or someone you know experiences anything different at a SAGE Upstate function, please let us know. SAGE Upstate will provide needed education and support when necessary. Contact Kim Dill at 315-478-1923 or kdill@SAGEupstate.org.



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Yes! I would like to join SAGE Upstate.

Name 1 _____ Name 2 _____

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Membership dues: *The suggested dues amount is \$35 – more if you can, less if you can't*

- My dues are enclosed
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\$150 \$100 \$50 \$35 Other \$ _____

Credit Card # _____ exp: _____

Name on credit card _____

- Please check all that apply:**
- Please use discretion when calling
 - Include my information in the address list shared with other members
 - I would like to volunteer
 - Please send information about how to make SAGE Upstate a beneficiary in my will or donating other assets

Membership dues to SAGE Upstate are tax-deductible.

Mail to SAGE Upstate, PO Box 6271, Syracuse, NY 13217. Questions? 315-478-1923 or kdill@SAGEupstate.org