

# Sage Upstate in 2008

## Winter

We stayed warm in Winter '08 by having a beach party dance (pictured at right) attended by nearly 100.



In the colder months we also established the Sage Upstate Donor's Circle, an advisory group made up of individuals who donate \$300 or more in a year. We got started with the 60+ Circle of Friends for Sagers age 60 and older and also monthly presentations for aging transgender folks. Both of these efforts will continue to evolve in the New Year. A few members of Uzuri, Sage Upstate's group for aging LGBT People of Color, attended the first ever Annual People of Color Health Summit in Albany. We also held the *Improving Longevity* series, funded by the Onondaga County Department of Aging and Youth, in which professionals gave seminars on ways to live longer, which focused on preventative health care, nutrition, exercise, and mental health.

## Summer

In June, Sage Upstate made a presentation on LGBT seniors at *Aging Concerns Unite Us*, the annual conference of the New York State Area Agencies on Aging held in Albany. Back at home we marched in the CNY Pride Parade (pictured above). The 60+ Circle of Friends visited a Buffalo Reserve (pictured at left), and another group of Sagers took



a bus trip to Toronto for the Pride Parade. In August, our Annual Picnic was attended by more than 100. More than 30 attended our first Uzuri Open House (picture at right).



another group of Sagers took

## Spring

More than 100 participants came to hear our Annual Report to Members and the Community in April (pictured below). Also that month, Sagers traveled to Albany for the first New York LGBT State Senior Issues Summit, which was attended by more than 80 seniors from around the state. Then on the next day, we participated in the statewide advocacy event, Equality and Justice Day, coordinated by the Empire State Pride Agenda (pictured above). Our annual donor appeal raised a record \$9,300 and our Spring Dance drew nearly 100. Sage Upstate also held an educational, forum on the Gender Expression Non-Discrimination Act (GENDA).



## Fall

In September, the leaders of Sage Upstate's Regional Networks from 4 counties (Cortland, Jefferson Oneida, and Oswego) met in the Sage Upstate Center to share strategies and plan for future events. The Syracuse Opera performed at our September 2nd Sunday Potluck (picture below). We started a new "Group Stretch" fitness class. More than 125 attended our annual Halloween Dance in October. Two board members and two staffers participated in the National Sage Conference in New York City, making 4 presentations. We launched the new Sage Upstate website at [www.sageupstate.org](http://www.sageupstate.org), and kicked off an education campaign geared toward providers of services for seniors with a new poster (pictured above). More than 150 attended our annual Thanksgiving Feast.



# Sage Upstate News

January, 2009

Serving Lesbian, Gay, Bisexual, Transgender and Questioning Central New Yorkers as They Age

Volume 13, #1

## Stay Fit for the Next 50

Looking to get in shape for the New Year? Keep your New Year's resolution and work out with Sage Upstate. We will provide a new exercise class starting in January with a grant from the Fit for the Next 50 program through the Onondaga County Department of Aging and Youth. The class will be taught by Anne Bowdoin. Anne works for SUNY Upstate's Vitality! Program and has a degree in exercise physiology from SUNY Cortland.

The class will provide a well rounded workout including aerobic, balance, stretching and resistance exercises. Aerobic exercise improves heart health, balance exercises help individuals avoid falls, stretching exercises improve flexibility and strengthening exercises can reduce age-related muscle loss. Participants will have access to resistance bands and light hand weights. The class will provide participants at every level a great opportunity to add some physical activity into their lives. Studies show that exercise helps regulate blood pressure and boost cholesterol. Lifting weights can help older adults increase bone density. Regular exercise can also reduce arthritis pain, anxiety and depression.

The class will run every Monday night in January, February and March, starting January 12<sup>th</sup> from 6:30 to 7:30 at the Sage Upstate Center. Space in the class is limited, so participants are requested to register in advance and to plan to attend for the entire class.

## 2nd Sunday Potluck: Singer-Songwriter Session

January 11, 4:30

Three local singers will perform: Melissa Clark, Alyn Hoxie, and Faye Brooks. Second Sunday Potlucks are held every month, 4:30 pm, First English Lutheran Church, 501 James St. (corner of Townsend and James).

## Ludwig, Smith, and Garcia honored by AARP

Sage Upstate Founders Coy Ludwig and Dan Smith were honored in December by AARP with its 50<sup>th</sup> Anniversary Social Impact Award. In commemoration of its 50<sup>th</sup> year, AARP is recognizing the achievements of individuals who have demonstrated an exceptional commitment to enhancing the lives of New Yorkers, improving their communities, and inspiring others.

"This year AARP is celebrating 50 years of helping people achieve independence, choice and control throughout their lives," said Lois Aronstein, AARP New York State Director. "In honor of this milestone, AARP New York is paying tribute to the legacy and

See "AARP Awards" on page 3



L-R Lois Aronstein, AARP NY Director, Dan Smith, Coy Ludwig, Marilyn Pinsky, AARP NY President

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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.*

**Sage Upstate Staff:**

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Carrie Elliott, Program Coordinator  
Tony Fonehouse, Office Assistant

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Marilyn Pinsky  
Roslyn Rasberry

Sage Upstate is a not-for-profit organization that promotes the health and well being of lesbian, gay, bisexual, transgender and questioning people in Central New York as they age.

Sage Upstate receives funding from members and donors. Additional funding has been received from the New York State Department of Health, the Central New York Community Foundation, the Gifford Foundation, the Onondaga County Department of Aging and Youth, and the New York State Office for the Aging.

Sage Upstate presents a wide variety of programs that may entertain as well as provide information and perspectives about aging, health, wellness, current events, social and political issues and other subjects. These programs represent the views of the speakers only, who are solely responsible for the content and accuracy of their presentation, and should in no way be considered a recommendation or endorsement by Sage Upstate.

▼ **A Benefit for Tom Burbank** will be held on Sunday, January 18, 3 - 6 pm, at the Palace Theatre, 2384 James Street in Syracuse. Tom, who is a hairstylist at Hairanoia, has been diagnosed with glioblastoma, a malignant brain tumor. The benefit will help to offset the many medical costs he is incurring for treatment. Tickets are \$15 in advance and \$20 at the door (less if you can't, more if you can). Tickets may be purchased at Hairanoia, 101 Green Street, Syracuse, or by contacting Ellen Voodre: 315-656-2073, [queenvoodoo@gmail.com](mailto:queenvoodoo@gmail.com).

▼ **HealthLink**, an initiative of SUNY Upstate Medical University, offers free monthly seminars with health care professionals. Unless otherwise noted, sessions are held at the Healthlink/Oasis Learning Site at Shoppingtown Mall. **Quit Smoking for Good . . . and for Free!** Receive a personalized quit plan, learn about nicotine replacement, the "Quitline" and relapse prevention strategies. ONE, Shoppingtown, noon - 1: Tues. Jan 6, 13, 20, 27 & Feb. 3, 10. TWO: Shoppingtown 6 - 7 pm: Mons: Jan 26, Feb. 2, 9, 16, 23, & March 2, Tues Feb 10. THREE, Liverpool Library noon - 1: Fris: Jan. 9, 16, 23, 30, Feb. 6 & 13, Mon. Jan 6. **Exercise: How to Stay Motivated** -- How to keep going, exercise safely, and some alternative outdoor activities for winter. Mon. Jan 12, 6 - 7 pm. **Common Thyroid Disorders** -- Descriptions and treatment information. Wed. January 14, 6 - 7 pm. **Sarcoidosis** -- learn about diagnosis, treatment, and risk factors for this inflammatory disease thought to be related to malfunctioning of the immune system. Tues. Jan. 20, 6 - 7 pm. **Diabetes 101** -- What it is, how it is treated, and how to manage it safely. Wed. Jan. 28, 6 - 7 pm. **Surgery for Weight Loss: Who Would Choose That?** What is weight loss surgery, who is a candidate, what are the most common procedures. Thu. Jan 29, 6 - 7pm.

**LGBT Affirming Recovery Resources:**

**Monday Nights, 7 pm, Women's Info**

\*\*Looking for new participants\*\* 601 Allen Street in Syracuse: Monday Night Pride LGBT AI-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)

**Program Update**

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

**Returning Programs**

**HERS Group:** This empowerment group for aging lesbian, bisexual, and trans women will begin again on January 7 at 6 pm, facilitated by Susan White. The group will start off this series with film clips and discussion on how to be vibrantly old. New members welcome!

**Men's Empowerment Group:** This empowerment group for aging gay, bisexual, and trans men will begin again on January 14 at 6 pm, facilitated by David Bullard. New members are welcome. Register in advance for either the HERS Group or Men's Empowerment by calling Sage Upstate at 315-478-1923 or by emailing [celliot@sageupstate.org](mailto:celliot@sageupstate.org).

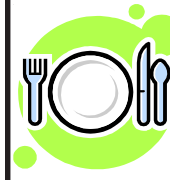
**Knitting Circle**, led by Sage member Deborah Hardy, begins meeting again in January. The group will meet January 7 at 7 pm, and every following Wednesday in January. New participants are welcome. No knitting experience necessary, just bring some needles and some yarn.



**More Program Updates**

Sage Upstate's **Uzuri** group for LGBTQ people of color meets in January on the 9 at 6:30 pm at Sage Upstate. Join fellow Uzuri members for a discussion on spirituality. Members of different faith groups will discuss their experiences with their faith. Come join us for food, discussion and community.

Sage Upstate's **60+ Group** will no longer meet at Sage the second Wednesday of the month starting in January. The group will continue lunching out the 4 Wednesday of the month. This month the group will meet at the Fireside Inn, 2345 W Genesee Rd, Baldwinsville (638-0214) on Wednesday, January 28, at noon. All Sagers 60 and older are welcome to attend, but if you plan to join us please notify Carrie Elliott at Sage Upstate by January 26 so we know how many people to make the reservation for. Join us on Saturday January 31 at 6 pm for Sage Upstate's first ever **Karaoke Sing-Along**. Sing on your own, join in with your friends, or just come by and watch. Join us for snacks and all your favorite Karaoke songs with all your Sage Friends.



**Keep Your New Years Resolutions With Sage**

Looking to quit smoking? Sage wants to help you quit. Instead of offering a smoking cessation class, Sage will offer referrals for smokers looking to quit in January. If you are looking to quit smoking in 2009 contact Carrie Elliott at Sage Upstate for a referral to an LGBT friendly smoking cessation counselor.



Want to get fit in the new year? Why not join Sage Upstate's **Group Stretch** class which continues in January? The class has been changing dates over the last few months because of conflicts due to the holidays, but is back to meeting the **2 and 4 Thursday** of the month in January. Class members are already feeling the benefits of stretching in improving their mobility. Come see what stretching exercise can do for you. Please register in advance if you plan to attend.



Also, don't forget about Sage Upstate's new exercise class offered as part of the **Fit for the Next 50** program. For details check out the article on the front page.

**December Potluck: Holiday Dinner and Dance**



# Sage Upstate Calendar: January 2009

Unless otherwise noted, all activities below are free and are held in the Sage Upstate Center, 501 James Street (corner of Townsend and James in the First English Lutheran Church). Visitors may drop in at any time Monday - Friday, 12-6, and use the center computer for word processing or accessing the Internet or may borrow a book from our 1,100+ title lending library. To register for classes, or for more information, contact Carrie Elliott at 315-478-1923 or [celliot@sageupstate.org](mailto:celliot@sageupstate.org).

**60+ Circle of Friends:** 4th Wednesday of the month. On 1/28 the group will meet out for lunch at noon at the Fireside Inn in Baldwinsville. All Sagers 60 and older are welcome to join, but please register by 1/26 with the office so that we have an accurate count for our lunch reservation.

**Coming Out Later In Life:** 3rd and 5th Thursday in January (1/15, 1/29), 7 pm. The group will not meet January 1st. Peer led discussion group; members share experiences, find connections & support.

**Group Stretch:** Group Stretch will meet the 2nd and 4th Thursday in January (1/8, 1/22) from 6:30-7:30 at the Sage Upstate Center. Please register in advance.

**HERS Group for Women:** 1st and 3rd Wednesday (1/7, 1/21), 6 pm. Facilitated by Susan White, MA. This group explores aging issues among lesbian, bisexual, and transgender women. Please register in advance.

**Karaoke Sing Along Night:** Saturday, January 31st at 6pm. Come join us for pizza and a karaoke sing along with your Sage Upstate friends.

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

**Men's Empowerment:** 2nd & 4th Wednesday (1/14, 1/28), 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, (1/2, 1/16) 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.

**Monday Night Men's Group:** Peer support group for Gay, Bisexual and Transgender Men. This group is closed and takes new members as old members exit the group. Please contact Sage Upstate to get on the waiting list.

**Rainbow Alliance of Central New York:** Thursday, 1/15, 5 pm. Local coalition of LGBT organizations.

**Sage Board Meets:** Wednesday, January 21, 5:15 pm.

**Sage Exercise Class:** Exercise Class led by Anne Bowdoin meets Mondays in January, February and March from 6:30-7:30. Class starts January 12th.

**Second Sunday Potluck -- Singer Songwriter Session:** Come here a performance by Sage members Alyn Hoxie, Melissa Clark and Faye Brooks. The performance will include both original works and covers of popular songs. 4:30 Sunday, January 11th. 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! Monday, January 12, 5 pm.

**Uzuri:** Friday, January 9, 6:30 pm. Group for LGBT people of color as the age. This month's theme -exploring our spirituality, a look at different religious and spiritual viewpoints. Join us for food, fun and good conversation.

**Volunteer Night:** Join us on Thursday, January 29th 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 (1/23) at 7:00 pm. Enjoy coffee, soft drinks, pizza, games, movies and socializing with other Sage women.

**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, January 17, Access to Independence Center, 22 North Main St, Cortland, 6 pm.

**Oswego Network:** Sunday, January 18, 2pm. In January the Oswego Group is again meeting at Fallbrook, 103 Thompson Rd off of West Seneca St, Oswego. **Note date change.**

**Jefferson and Oneida Networks:** No meeting in January.

## AARP Awards (cont'd from page 1)



L-R Lois Aronstein, Alejandro Garcia, Marilyn Pinsky, AARP NY President

successes of 50 New Yorkers who have been our champions of social change."

Dr. Ludwig and Dr. Smith founded Sage Upstate in 1997. "Dan and Coy are both tireless advocates for all LGBT residents of central New York and we thank them for their work," said Marilyn Pinsky, AARP New York State President, and Sage Upstate Board member.

"Coy and Dan started this organization more than 10 years ago and ran it exclusively with volunteers for 6 years," said Sage Executive Director Kim Dill. The pair led the board in securing a state grant to open an office and hire an executive director in 2003, she said. "Everything we are doing today rests on that foundation -- we couldn't be prouder of our founders -- they are so deserving of this honor."

Alejandro Garcia was also honored last month by AARP with the Andrus Award for Community Service. Dr. Garcia is a professor of the School of Social Work in the College of Human Services and Health Professions at Syracuse University. He also serves as vice president of the New York State Communities Aid Association and is past chair of the board of the National Hispanic Council on Aging. As an AARP volunteer, Dr. Garcia serves on AARP's National Policy Council and the AARP New York State Executive Council. He also volunteers with AARP New York serving as the organization's voice on the issues of Social Security and prescription drug affordability.

"During his tenure, he has done much to further AARP's policy platform on economic, employment, and low-income issues," said Aronstein.

"This award acts as a symbol to members and the public that we can all work together for positive social change," said Pinsky.

## The 2009 Digital Transition : Are you Ready?

By: Ralph Valente

On February 17<sup>th</sup>, 2009, all broadcast television stations will cease the transmission of analog TV signals and thereafter only broadcast "digital" signals. Why is the government doing this? Simply put, digital TV signals are better. They offer improved picture and sound quality and give broadcasters the opportunity to offer more channels because digital signals use less bandwidth.

What do you have to do to be ready?

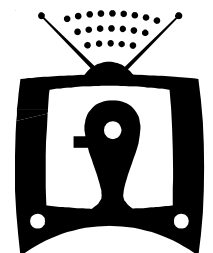
1. If you subscribe to cable or satellite service, do NOTHING. You will continue to receive all the channels you currently receive and more after the transition.

2. If you recently purchased a new TV with a digital tuner, do NOTHING. TVs with digital tuners can receive the new digital signals using conventional aerial antennas or, of course, will work even better with a cable or satellite subscription. How do I know if my TV has a digital tuner? All TVs 25" or larger have been sold with digital tuners since 2006 and all TVs since 2007 13" and larger similarly have digital tuners.

3. If your TV has an analog tuner AND you do not subscribe to cable or satellite service, you must purchase and install a digital converter box in order to continue receiving TV signals after February 17th.

In order to make it cheaper for people to obtain digital converter boxes, the federal government has set up a coupon program where every household can get up to two coupons, each worth \$40, that can be used towards the cost of purchasing a digital converter box. These coupons can be obtained either by visiting [www.dtv2009.gov](http://www.dtv2009.gov) or by calling toll-free at 888-DTV-2009. We have heard anecdotally that there have been lengthy delays in people receiving their coupons, so we encourage you to act quickly. Most major electronic stores are selling the boxes and will accept the coupons. The cheapest boxes are priced at \$50 so, no matter what, there will be some out-of-pocket expense.

More information can be obtained by visiting [www.dtv.gov](http://www.dtv.gov).





Watch out Rockettes ...

... Sage has some high kickers too! The gang above is having fun at the annual Holiday Dinner and Dance at the December Potluck.

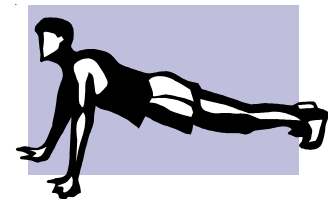


## Stay Fit for the Next 50

Sign up for Sage Upstate's free exercise program, funded by the Onondaga County Department of Aging and Youth.



Classes will be held every Monday night in January, February and March, starting January 12<sup>th</sup> from 6:30 to 7:30 at the Sage Upstate Center.



Space in the class is limited, so participants are requested to register in advance and to plan to attend for the entire class.



Contact Carrie Elliott at 315-478-1923  
celliott@sageupstate.org

# January 2009

All activities held at Sage Upstate Center, 501 James St. @ Townsend & James in the First English Lutheran Church unless otherwise noted with \*. Details: p 6. Info: 315-478-1923.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Men's Night Out 6pm	3
4	5 Monday Men's Group, 6 pm	6	7 HERS Group, 6pm Knitting Circle, 7pm	8 Group Stretch, 6:30 pm	9 Uzuri, 6:30 pm	10
11 Second Sunday Potluck - Singer Songwriter Session, 4:30 pm	12 Potluck Cmtee, 5 Monday Men's Group, 6 pm Sage Exercise Class, 6:30 pm	13	14 Men's Empowerment 7pm Knitting Circle, 7pm	15 RACNY, 5 pm Coming Out Later in Life, 7 pm	16 Men's Night Out 6pm	17 *Cortland County Group, 6pm
18 *Oswego County Group, 2 pm	19 Monday Men's Group, 6 pm Sage Exercise Class, 6:30 pm	20	21 Sage Board 5:15 pm HERS Group, 6pm Knitting Circle, 7pm	22 Group Stretch, 6:30 pm	23 Women's Coffeehouse, 7 pm	24
25	26 Monday Men's Group, 6 pm Sage Exercise Class, 6:30 pm	27	28 *60+ Circle of Friends, 12 Men's Empowerment 7pm Knitting Circle, 7pm	29 Vol. Night, 6 pm Coming Out Later in Life, 7 pm	30	31 Karaoke Sing Along, 6pm

Syracuse University LGBT  
Resource Center 443-3983  
aljaehni@syr.edu

Jeff Kreis Heating A&C  
469-7825  
Heatman315@aol.com

Theresa "Tess" Contos, LMT  
315-727-5697  
www.ascendwellness.com

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

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

### Vivian Derrickson, CFP, CLU

Ameriprise Financial Services  
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East Syracuse, NY 13057  
315-251-0512

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