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Sage▼ News Upstate

July 2010
Volume 14, #7

Services and Advocacy for GLBT Elders

The Art of Aging

This month SAGE Upstate kicks off the *Art of Aging*, a creative arts program, with a reception on Friday, July 23, 5:30 - 7:30 pm at the SAGE Upstate Center (501 James St. in Syracuse). The event will introduce the AOA program, which will offer classes in pastels, photography, and creative writing starting in September. The event will feature hands-on art activities along with refreshments and soft drinks.

The *Art of Aging* starts this Fall, with a half-day workshop on pastels, photography, and creative writing. Workshop participants will also be provided with lunch and refreshments. Then from October 2010 through May 2011, three 10-week courses in each subject will be held at SAGE. Workshops and courses will be offered by professionals in each field, and participants in the program will explore through art what it means to age in the LGBT community.

SAGERS Show Pride in CNY Parade



Many SAGERS marched with our fabulous float in the CNY Pride Parade in June -- more pictures on page 8.

Yes! I would like to join SAGE Upstate.

Name 1 _____ Name 2 _____

Address, City, State, Zip _____

Email _____ Phone _____

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

- My dues are enclosed
 Please bill my credit card

\$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



Pieces created will be compiled into a booklet and displayed at an event at ArtRage in the summer of 2011.

See "Art of Aging" on p. 4

Good Luck Carrie!

After three years as Program Coordinator, Carrie Elliott is leaving SAGE Upstate to go back to school. Story on page 4.



Second Sunday Potluck

Putting the **T** in LGBT

A presentation and group discussion about how the needs and experiences of lesbians, gay men and bisexual people are similar and different from the needs and experiences of transgender people. SAGE member Amanda Furco will lead this presentation and interactive discussion, while including perspectives from other members of the transgender community.

4:00 - 5:00: Social Time; 5:00 - 6:00: program; 6:00 - 7:00: Dinner; please bring a dish to pass if you are able.

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

SAGE Upstate Center: 501 James St. ▼ Staffed: Mon - Fri 12 - 6 ▼ www.SAGEupstate.org ▼

PO Box 6271, Syracuse, 13217 ▼ 315-478-1923 ▼ toll free outside local calling area: 866-717-2640

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

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SAGEUpstate 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.

SAGEUpstate 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. SAGEUpstate 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 SAGEUpstate.



From the Executive Director

Summer at SAGE . . . by Kim Dill

Summer's here again. I think. I'm still getting over the snow on Mother's Day. When I first moved to Central New York, I was told there were only two seasons here -- winter and Fourth of July. I think that's an exaggeration, right? It does finally feel like Summer. Lots of folks will be traveling, taking it easy, going on vacation, or heading to a lake somewhere. Here at SAGE Upstate, it's business as usual. We have a lot going on:

► You may notice that SAGE is spelled in all caps throughout the newsletter. We made the change, as we are now using an acronym, Services and Advocacy for GLBT Elders. The logo will stay the same.

► I can't wait to kick off our new arts program, the *Art of Aging*, which will teach SAGErs to express through art what it means to be an older member of the LGBT community. Come to the reception on July 23 to find out more.

► Though saying goodbye to Carrie is sad, we are very excited about welcoming a new Program Coordinator. At press time, we are still going through the interview process, but the candidates have been stellar. It was very competitive. Sometime this month we'll be welcoming a new staffer. Stay tuned for more information.

► Also this summer we will be finalizing plans for our SAGEWorks program, which will launch sometime later in Summer or early Fall. SAGE Upstate is one of the organizations in five cities across the country (Syracuse, New York, Chicago, Denver, St. Louis) offering this program aimed at improving the capacity of older LGBT adults in the workforce. We will be partnering with the Q Center to offer computer classes, surveying area employers, and utilizing AARP's WorkSearch program.

► It's another summer of turmoil in Albany. No "coup" this year, but no budget either. The delays and the deficit have resulted in a severe slow-down in terms of reimbursement payments. That's the way NY State funding works -- you are awarded an amount, you spend the money, they reimburse you. Right now SAGE Upstate is waiting for reimbursement for tens of thousands of dollars. We have built up a cash reserve to carry us through these times, but that is being depleted quickly. So, cash flow will be tight for the next few months. You may need to bring your own soda to group meetings. There may be other supply shortages as well, but we are working out plans to address the situation. We'll keep you posted.

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.

Gifford invites SAGE Upstate to participate in ADVANS Program

SAGE Upstate is one of four Central New York non-profit organizations chosen to participate in the ADVANS (Advancing and Developing the Value of Assets of Non-Profits) project through the Gifford Foundation. Over the course of the 18-month project, SAGE Upstate will be assigned a consultant to assess organizational growth using a framework developed by Susan Kenny Stevens.

Between now and December 31, SAGE Upstate will receive 100 hours of consultation assessing governance, management, board development and other areas of the organization. After the assessment, SAGE Upstate will receive funding from the Gifford Foundation to implement recommendations.

The stage-based approach assumes that until organizational maturity is reached, a variety of structural issues will distract an organization from fulfillment of its mission. This "Lifecycle" approach to capacity building identifies stages of growth for an organization, as explained below in excerpts from Stevens' book, *Non-Profit Lifecycles: Stage-based Wisdom for Non-Profit Capacity*.

In the **idea** stage, "a perceived community need sparks the founding idea". The **start-up** stage is the "beginning of operations when energy and passion are at their highest, but systems generally lag far behind". In the **growth** stage, "program opportunity and service demand exceed current systems and structural capabilities". During the **mature** stage, the "non-profit has a reputation for providing steady, relevant, and vital services to the community and operates with a solid organizational foundation and an overall sense of security". In the **decline** stage, the organization "makes status quo decisions based on internal factors rather than external client needs that result in diminished client census and insufficient income to cover operating expenses". This may lead to a **turnaround** stage, where, "at a critical juncture, through self awareness and determination", the organization "takes decisive action to reverse prior actions." If this does not happen, the organization moves into the **terminal** stage.

SAGE Upstate News, July 2010

Legislative Round-Up

In NY State

Finally, after nine years, the NY Senate has passed the Dignity for All Students Act (DASA). The Assembly had already passed it this year (as in previous years). The law is an anti-bullying measure that will protect students from harassment and discrimination based on real or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender (including gender identity and expression) and sex. Training for teachers and others will be required to enforce the act. Also in Albany last month, NY State Assemblyman Danny O'Donnell introduced a bill that would allow legally married gay couples to jointly file their NY State income tax returns. Currently in NY State you can only file a state tax return jointly if you have also filed your federal return jointly. The IRS does not recognize gay marriage for joint filing on tax returns under the Defense of Marriage Act (DOMA).

In Marriage News

Portugal made same-sex marriage legal on June 7, but didn't hold onto its title of most recent country to pass marriage laws for very long. On June 14, Iceland's parliament unanimously voted for marriage equality, making it the 9th country to do so (after Portugal, Canada, The Netherlands, Spain, South Africa, Norway, Belgium and Sweden). Iceland is also the only country in the world to have an openly gay head of state.

Non-Discrimination Laws

On June 18th, Tulsa, Oklahoma expanded their nondiscrimination rights to include sexual orientation. And to the north, a bill to finally expand non-discrimination protections to Transgender Canadians has passed a second reading in the house. The bill will now be considered by the Commons Standing Committee on Justice and Human Rights.

From the White House

At the end of May, President Obama issued a proclamation declaring June 2010 to be Pride Month. Then in June, the US State Department officially changed its policy on guidelines for gender change on a passport. Under the new guidelines, individuals can have their gender changed on their passport if they produce a letter from an attending physician confirming the sex change. In his Father's Day proclamation, President Obama took the opportunity to thank gay dads, saying "Nurturing families come in many forms, and children may be raised by a father and mother, a single father, two fathers, a step father, a grandfather, or caring guardian." Obama had also thanked lesbian parents in his Mother's Day proclamation. Finally, in June, the Labor Department declared that it will expand the Family and Medical Leave Act (FMLA) to include care for the children of Same-Sex Partners. The act, passed in 1993, allows individuals who work for companies with 50+ employees to take up to 12 weeks of unpaid leave to care for a newborn, spouse, son or daughter with a serious health problem.



CDC Urges Older Adults to Quit Smoking for Better Health, Longer Life

“Quitting smoking has immediate as well as long-term benefits, including reducing risks for diseases caused by smoking such as cancer, heart disease, stroke, and respiratory illness . . . it’s important to remember that it’s never too late to take this important step.” *Matthew McKenna, Director, Centers for Disease Control and Prevention Office on Smoking and Health.*

Why quit?

Smoking causes and increases the severity of many diseases and conditions likely to occur in older people, such as circulatory and vascular conditions, diabetes, and osteoporosis. Smokers are more likely to develop chronic obstructive pulmonary disease (COPD), and they experience increased risk for: depression, anxiety, hip fractures, nuclear cataracts, hypertension, and skin wrinkling. The lower activity level common among smokers also contributes to health and well-being. Smoking is the leading preventable cause of death in the US -- approximately 438,000 die each year and about 68% are people age 65 or older. More than half of older smokers say they want to quit, and that’s no surprise. The effects of quitting are immediate and long lasting.

Countering Excuses

Smoking hasn’t killed me yet. Maybe -- but smoking harms nearly every organ in the body, and quitting smoking can add years to your life.

It’s too late, the damage is done. Smoking cessation at any age has immediate and lasting effects, including improved lung functioning, decreased chances for recurrent heart attacks, and for those with cancer, increased effectiveness of treatments.

Smoking relaxes me. Actually, smoking stresses the body as the heart beats faster and blood pressure rises. People may feel that smoking is relaxing because of the deep breaths they take to inhale, or because they usually take a break from stressful activities to smoke.

I’ll gain weight if I quit. This may happen -- but the health risks of weight gain are lower than the risks of continued smoking. Also, physical activity and diet can help control weight gain.

Been there, done that. Many smokers try to quit five or six times before they succeed. Older adults may be less likely to try quitting, but if they do try, they are more likely to be successful.

Information on the Health and Wellness Page is meant to supplement, not replace, the care of a professional health care provider. Always talk to your doctor first about health concerns. Health and Wellness Page Source: Centers for Disease Control: cdc.org.

Your Doctor Can Help

Smokers willing to quit who team up with their doctors have a better success rate. Your health care provider can assist you in setting a quit date, outlining a plan, providing self-help materials, and discussing medications to reduce withdrawal symptoms. Physicians can also refer patients to quitlines and other available cessation resources. They can also offer medications that will help tobacco users trying to quit.

Tools for Quitting

► **Medications:** These include nicotine replacement therapy (gum, inhaler, nasal spray, patch) and prescription medicines.

► **Quitlines:** Telephone quitlines offer counseling on demand that people can receive in their homes, which makes it easier for older adults to access. Quitlines paired with another strategy tend to increase the success rate for people trying to quit.

► **Medicare and VA Benefits:** The Medicare program covers smoking cessation for beneficiaries who are diagnosed with a smoking-related illness or who are taking medications that may be affected by tobacco. VA benefits provide support with no copayment.



July Feature The Annual Picnic

Get it down on your calendars, SAGE Upstate’s Annual Picnic is coming up again in August, and we want to see you there! Every year SAGE puts on a picnic in place of our August Potluck to celebrate our members and the community. We bring the burgers, hot dogs, veggie burgers

What you need to know:

Date/Time: August 8th, 2pm

Location: Onieda Shores Park, Brewerton

Cost: Free to SAGE Members, \$5 for others

More info and directions will be provided in the August Newsletter

and the fixings, and you bring games, lawn chairs, guitars, and lots of energy. This year the picnic will again take place at Oneida Shores Park in Brewerton, NY. The August Newsletter will feature more details, as well as a map and directions to the event.



SAGERS eat at the 2006 picnic at Oneida Shores.

Regional Network Update

Cayuga Regional Network Group

July 25, 2 pm at Auburn Unitarian Universalist, 607 North Seward St, Auburn. Bring a dish to pass if you are able.

Oswego Regional Network Group

July 25th at Fallbrook, 103 Thompson Rd, Oswego. Bring a dish to pass if you are able.

Cortland Regional Network Group

SAGE Upstate and the Cortland LGBT Center joint LGBT Happy Hour at Bluefrog Coffeehouse, 64 Main St, Cortland, NY, July 16th from 5-7 pm. Coffee, beer and wine are available for purchase at the Bluefrog.

Uzuri Open House

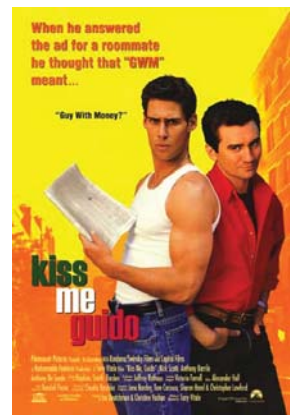
SAGE Upstate’s Uzuri Open House took place June 11th. Below, SAGERS enjoy themselves at the event.



SAGE Upstate Movie Night

This month SAGE’s 3rd Tuesday Movie Night features a showing of the film *Kiss Me Guido*. After catching his fiancée cheating on him with his brother, Frankie, the lead character in the film, decides to follow his dreams and become an actor. Misinterpreting an apartment listing reading GWM to mean “guy with money,” he ends up moving in with Warren, a gay man who has just broken up with his partner. This independent comedy follows Frankie through his experience living with Warren and getting his first role, in a play with a scene where he kisses a gay man.

Movie Nights take place the Third Tuesday of each month at 7pm. We provide popcorn and soda, and set up our projector to show your favorite movies on the big screen. Volunteer leader Ron Baldwin is interested in expanding to two Movie Night per month if there is interest. He is looking for a volunteer who would be willing to help him manage a second night. If you’re interested, contact SAGE Upstate. 315-478-1923 or kdill@SAGEupstate.org

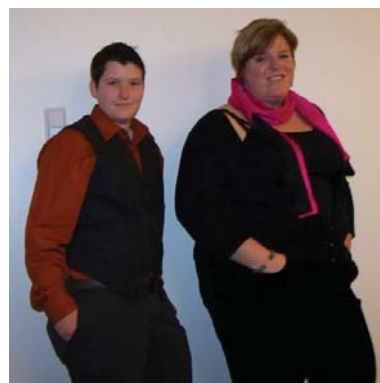


Carrie Elliott To Leave SAGE Upstate In July

Carrie Elliott will step down as SAGE Upstate Program Coordinator in early July. Her plans include going back to school, getting married to her partner Sascha Arbouet, and eventually moving out of state. Her work over the last three years has greatly contributed to the growth of the organization.



Carrie was the first to hold her position, which was created in 2007 to develop programs and coordinate volunteers. In her first year, the number of continuing programs doubled, and today, SAGE Upstate offers an average of 40 programs per month.



The Buddy Network was launched in Carrie's second year. She helped to build the four part program (consisting of updates, phone check-ins, helpers, and visitors), and has trained and placed all volunteers, tracked participation, and sent a weekly updates to more than 400 participants.



Carrie has done critical work for the organization in relation to issues facing older transgender people. She created a trans-issues brochure, participated in the GENDA coalition, and helped to establish the monthly trans potluck.



These are just the highlights -- she's done so much more. We

wish her the best as she starts a new chapter. **Carrie will be joining us for one more potluck as Program Coordinator. Be sure to attend on July 11 and wish her good luck!** A new Program Coordinator will be hired in July.

Around Town

▼ The Stonewall Committee is once again looking for volunteers for the LGBT Booth at the NY State Fair. The fair runs from Thursday, August 26th to Monday, September 6th. Volunteers are needed to work in shifts from 10am to 2pm, 2pm to 6pm and 6pm to 10pm. Volunteers should contact The Stonewall Committee at lgbtfair@twcny.rr.com if they wish to participate.

Art of Aging: cont'd from p. 1

Recent research shows that participation in creative arts programs, when conducted by professionals, is beneficial to people as they age; it is related to better overall health, fewer doctor's visits, diminished vision problems, and less depression (*Creativity and Aging Study, National Endowment for the Arts/George Washington University, 2006*).

In addition, social and recreational activities have been long shown to be critical factors in "successful aging." Programs like these keep people connected and counter isolation.

At The reception on July 23 attendees may register for the Fall half-day workshop or any of the three 10 - week classes. If you need more information, contact SAGE Upstate: 315-478-1923 or kdill@SAGEupstate.com.



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. **Would you like 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.

LGBT Affirming Recovery Resources:

Monday Nights, 7 pm, Women's Info: Pride LGBT Al-Anon Meeting. Open to All; 601 Allen Street in Syracuse
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.syaa.org

THE WORDS WE USE MAKE A DIFFERENCE

Our goal at SAGE Upstate is to provide a safe and friendly environment for **ALL** older LGBT people -- a place where people can come together, find friends and build support networks. The supportive environment we create is the result of all of us working together -- members, volunteers, participants, staff and board -- to make SAGE Upstate the most welcoming place it can be. Part of this organization-wide effort will be a September diversity workshop entitled, "Common Bonds: Healing the "isms" that Divide Us." Also, over the next few months, we'll be running features in the newsletter to start a dialogue on these important issues. This month we focus on language. As LGBT people, we all know how important it is that people talk to us and about us in ways that we feel are respectful. But how do we know what language people prefer across communities?

Did you know these terms could be seen as offensive?
 Colored, Negro, Handicapped, Crippled, Oriental, Transvestite

It's not always that simple . . .

There are terms which are preferred by some but not others: Indian, Hispanic, queer, disabled, etc. It's better to ask if you are unsure.

Want to know more?

Join us for an interactive and fun workshop on Saturday, September 25, 10 am - 4 pm. **"Common Bonds: Healing the "isms" that Divide Us,"** will explore serious issues in a relaxed atmosphere with discussion, creative arts, Tai Chi, and interaction among participants. Rather than focusing on what is wrong with the world, the goals of the workshop include healing, celebrating, and making new connections. *Common Bonds* will be held at the SAGE Upstate Center, 501 James St. Lunch and refreshments will be served.

Here are some preferred terms:

African American, Black, People of Color, Latino/Latina, People with Disabilities, Differently Abled, Terms referring to country of origin, (such as Mexican or Chinese), Asian-Americans, Native American (or refer to tribe, such as Navajo), Transgender

SAGER WANT ADS

If you would like to list things for sale, rentals, job listings, or other classified items, please contact SAGE Upstate for more info.

Scooter

2004 Pride Rally 3 wheel, Reduced to \$795 Weight capacity 300#. Many extra accessories. Great condition. 315-474-8942

Cottage Rental

For Rent: Cottage on DeRuyter this summer; Enjoy a peaceful week or two; Call 637-7644

Caregiver Support Group?

Interested in participating in a peer support group for people in SAGE Upstate who are **caregivers** for parents, partners, or others? Call 478-1923

Car for Sale

1998 Cadillac Sedan Deville -- well kept, like new, low miles & transferrable warranty. \$5,500. For info, call Jackie at 315-297-3165.

Piano/Keyboard Lessons

For beginners of all ages. Call K-Lynn for more information. 315-657-0513

For Rent

Country Cottage, Marcellus/Camillus; 1,2,3 BR Apts, Syracuse West; Ranch to Share, Nedrow; Modular/Mobile Homes for sale: 416-9796

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: 7/28. LGBTQ seniors 60 and older meet for lunch. Call for details.

Art of Aging Kick-Off Reception: Friday, July 23, 5:30 - 7:30 pm. Hands-on art activities, registration/information on Art of Aging program which consists of classes in photography, pastels, and creative writing. Food and soft drinks will be served.

Biking Group: Every Wed. at 6 3:30 pm. Meet at Onondaga Lake Park in the lot across from Heid's, weather permitting.

Cortland, Cayuga, and Oswego Networks: see page 3.

HERS Group for Women: 1st, 3rd Wed 7/7, 7/21, 6 pm. Facilitator Susan White, MA. Group explores aging issues among LBT women. Please register in advance.

Karaoke: Sat 7/24, 6:30 pm. Perform solo or sing-a-long to your favorite songs with your SAGE pals.

Knitting Circle: Wednesdays, 7 pm, led by Deborah Hardy.

Men's Night Out: 1st, 3rd Fri 7/2, 7/16, 6 pm. Join SAGE guys for pizza, games, movies & fun.

Men's Empowerment: 2nd, 4th Wed 7/14, 7/28, 7 pm. Facilitator David Bullard, LMSW. Group explores aging issues among GBT men. Please register in advance.

Movie Night: 3rd Tuesday, 7/20 at 7pm. Popcorn and soda provided. This month's film is Kiss Me Guido.

Q Discussion and Social Group: 2nd, 4th Thu 7/8, 7/22, 7 pm. Peer led discussion and social group. 4th Thursday meets out in the community. Call for details.

SAGE Board Meets: Wed 7/21, 5:30 pm.

Second Sunday Potluck: Trans Discussion: 7/11, 4 - 5 pm social hour, 5 pm Trans Discussion. Bring a dish to pass if you are able.

Second Sunday Potluck Committee: Tues, 7/13, 5 :30 pm. Bring your energy and ideas - all welcome.

Uzuri: 2nd Fri 7/9, 6:30 pm. Social group for aging LGBTQ People of Color.

Transgender Potluck: SAGE potluck for trans people as they age. 7/17 5pm. Bring a dish to pass if you are able.

Volunteer Night: Thurs 7/29 6pm. Learn about volunteer opportunities, mail the newsletter, share pizza.



PRIDE 2010



Meals on Wheels: Is It Right For You?

Did you know that one in four older adults goes hungry every day? Meals on Wheels delivers hot, nutritious meals to those in need -- right to their doorstep, all year round.



Why Meals on Wheels?

As we age, a variety of health conditions affect us -- arthritis, vision/hearing impairment, and health challenges. These may make it difficult to shop and/or prepare nutritious food. Under-nourished older adults get more infections, have longer recovery rates from illness, and have greater surgery risks. Improving nutrition makes it less likely for people to need home care or assisted living -- it helps us live independently longer. Every \$1 invested in Meals on Wheels saves \$3.25 in healthcare costs.

Who is eligible?

If you are homebound and unable to shop or cook for yourself, you are eligible. There are no age or income restrictions. You don't have to live alone -- people living with others can receive meals.

Is there a cost?

The private pay cost ranges from \$3 to \$8 per day. Generally, two meals are provided -- one hot and one cold. There is assistance available for those who are unable to pay the private rate.

What kind of meals are delivered?

Meals are provided with low or no salt and a variety of meal types are available including kosher, diabetic, low cholesterol/fat, low protein, and ground. Sample menu items from Syracuse Meals on Wheels: roast beef deli platter, baked ham, lentil walnut salad, meatloaf, baked ziti.



For more info on Meals on Wheels, Meal Sites, Food Pantries and other food resources, contact the Onondaga County Department of Aging and Youth: 315-435-2362, or visit <http://www.ongov.net/agingandyouth/documents/food.pdf>

How do I get meals?

Just call one of the area providers of Meals on Wheels listed in the box below. Staff will describe the program, take personal information, and start the service in two to three days.

Syracuse Meals on Wheels, 315-478-5948
Syracuse, Onondaga Nation, Jordan-Elbridge
300 Burt St. Syracuse, NY 13203

ECHO Meals On Wheels, 315-488-4900
4600 West Genesee St. Syracuse, NY 13219

Kosher Meals On Wheels, 315-445-0820
4101 E Genesee St Syracuse, 43214

Meals On Wheels East Syracuse 315 - 463-5972
823 Franklin Park Dr. East Syracuse, 13057

North Area Meals On Wheels 315-452-1402
Cicero & N. Syracuse, Brewerton, Clay, Salina south of John Glen
413 Church St. N Syracuse

FM-JD Area Meals on Wheels 637-5446
Bridgeport, DeWitt, Fayetteville, Jamesville, Kirkville, Manlius,
Pompey
P.O. Box 72, Manlius, NY 13104

Jordan Elbridge Meals on Wheels 689-9513
41 Mechanic St. Jordan, NY 13080

Baldwinsville Meals on Wheels 638-2171
Lysander, Van Buren, Salina north of John Glen Blvd.
76 Canton Street Baldwinsville, NY 13027

Skaneateles Meals on Wheels 685-6079
3 Gayle Road, Skaneateles, NY 13152

Or -- to find a Meals on Wheels Program
nearer to you, call: 1-888-MEAL HELP
(1-888-632-5435)

Healthy Aging



Thank You to Our Pride Float Commitee!

Pictured above L-R: Ron, Greg, Scott, Amanda, Robin, Carrie.
Not pictured: Veronica, Atilla, David, Mike

Please support the business donors on this page -- they support the LGBTcommunity!

Vera House

Main Office: 315-425-0818
Hotline Numbers:
315-468-3260, 422-7273
TTY Crisis Line: 315-484-7263
www.verahouse.org

Vera House is proud to serve LGBTQ survivors of relationship and sexual violence, and elder abuse

Vivian Derrickson, CFP, CLU

Ameriprise Financial Services
6319 Fly Rd. #2,
East Syracuse, NY 13057
vivian.m.derrickson@ampf.com
315-251-0512

Financial amd retirement planning for gays, lesbians, and domestic partners

Jeff Kreis Heating A&C

469-7852
Heatman315@aol.com

NY Network Solutions

Repair, Set-Up, Tech Support
800-313-7505

Syracuse University LGBT

Resource Center 443-3983
aljaehni@syr.edu

Liverpool Chiropractic

315-461-4510
liverpool-chiropractic.com

Hansen's Advisory Services, Inc.

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Fayetteville, NY 13066
hansensadvisory.com
315-637-5153
sue@hansensadvisory.com
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Sparky Town Restaurant

324 Burnet Ave.
Mon - Fri 11 - 8 * Sat 8 - 3



Loretto

Committed to caring for Central New York's elders through:

Home & Community-Based Care • Senior Housing
PACE CNY • Rehabilitation • Skilled Nursing

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

July 2010

*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	6	7 HERS Group, 6pm *Biking, 6:30pm Knitting Circle, 7pm	8 Q Discussion and Social Group, 7 pm	9 Uzuri, 6:30 pm	10
11 Second Sunday Pot-luck: Trans Discussion, 4:00 pm	12	13 Potluck Cmtee, 5:30	14 *Biking, 6:30pm Knitting Circle, 7pm Men's Empowerment, 7pm	15	16 Men's Night Out 6pm Cortland Regional Network, 5pm	17 Trans Potluck, 5 pm
18	19	20 Third Tuesday Movie: Kiss Me Guido, 7pm	21 SAGE Board 5:30 pm HERS Group, 6pm *Biking, 6:30pm Knitting Circle, 7pm	22 *Q Discussion and Social Group, 7 pm	23 Art of Aging Kick-off Reception, 5:30 pm	24 Karaoke, 6:30 pm
25 *Oswego County Group, 2 pm *Cayuga County Group, 2pm	26	27	28 *60+ Circle of Friends, 12:30 pm *Biking, 6:30pm Knitting Circle, 7pm Men's Empowerment, 7pm	29 Volunteer Night, 6 pm	30	31