

## Services and Advocacy for GLBT Elders

### Art of Aging Events:

*Readings: 7/9; Ruth and Connie: 7/14*

The Art of Aging exhibit runs through July 16 at ArtRage Gallery (505 Hawley), so there is plenty of time to catch it even if you missed the opening. And plenty of reasons to come back even if you've already seen it.

On Saturday, July 9, participants from the Art of Aging Creative Writing Class will do readings from their works. See excerpts from the pieces on the right.

Then on Thursday July 14, come and watch the award-winning documentary, *Ruth and Connie: Every Room in the House* and meet the title characters after the film! See more on Ruth and Connie inside.

For a donation of \$5 or more booklets will be available featuring pastels, photographs and writing pieces from the exhibit. All proceeds will go toward arts programming at SAGE Upstate in the coming year. The 2010-11 Art of Aging program has been funded by the Gifford Foundation.



*Pictured: Ruth and Connie -- for more on the couple and the film, see the article on p. 11*

*"Everyone in the city had to turn out all their lights so that approaching planes could not see we were a city. We looked out our living room windows through thickening snowfall. We could see no lights."*

*"Everything was new, everything was an adventure, was something to explore or hop on top of. Life was good even if you had only 3 legs or 3 cigars left."*

*"When my best friend and I met through SAGE we both were similarly bruised and carried different emotional packages. She reached out, my hand was there, and is still there."*

*"Marianne links arms with me, pulls me along the sidewalk . . . She starts skipping and singing, 'I love my boots, I love my boots.' I look down at the calf high things on my feet and resent them."*

SECOND  
SUNDAY

### POTLUCK: ELDER ABUSE ISSUES

Elder abuse takes many forms. 90% occurs at the hands of those we know. Additional pieces also include credit card fraud, mortgage scams, all sorts of consumer rip-offs. Jenny Hicks from Vera House will educate us regarding how to stay safe in an environment with all too many predators.

**Social time starting at 4 pm; Program at 5 pm, Dinner at 6**

*Potlucks held on the 2nd Sunday each month, First English Lutheran Church, 501 James St.*

Wellness:

Brainwork: 4

Exercise! 10

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.

**SAGE Upstate Staff:**

Kim Dill, Executive Director  
Karen Hall, Program Coordinator  
Barbara Johnson, Office Manager

**SAGE Upstate Board:**

Barb Genton, Chair  
Arlene Ahl, Vice-Chair  
Jim Simonis, Treasurer  
Akosua Woods, Recording Clerk  
Forrest Antrum  
Ron Baldwin  
Dr. Betty Carlisle  
Amanda Furco  
Douglas Goldschmidt  
Maria Grice  
Helen Landfear  
David Leslie  
Ralph Valente

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

*The Art of Aging*

Aging is an Art. It says so on the new SAGE Upstate t-shirts and it's true. We practice at it all of our lives. It involves creating something to share with others.

It evokes feelings, passion, anger, happiness. It is unique to each artist.

Aging as LGBT people can be quite a journey. Many of us in our 50s or older have made that trek from earlier eras when the world was not so welcoming. I mean, things are far from perfect now, but a few decades ago things were worse. In the 1940s -- 1970s, many of us SAGERS were peeking out of the closet door to see a world where we could be arrested, ex-communicated, disowned or committed. That's what happened to "people like us."

This history gives aging LGBT people a story to tell, and that is what the Art of Aging exhibit is all about. Hopefully you were able to make it to the opening of the exhibit, which runs through July 16 at ArtRage Gallery, 505 Hawley in Syracuse. And we hope you will join us for the readings on July 9 and the movie on July 14.

Connie and Ruth, the movie's title characters, have such a compelling story. They met in the 50s, became activists in the 60s, fell in love in the 70s, and sued NYC for domestic partner rights in the 1980s! I can't wait to meet these women who will lead a discussion after the film.

I took the Creative Writing class and I'll be participating in the readings event. I think this is the first time I've completely immersed myself in a SAGE program totally as a participant. So, I can tell you first hand what it meant. Sitting in a room with other aging LGBT people each week, reading and listening to stories, was truly amazing. I did start to hear a common voice in those pieces, what we may call an aging queer perspective. In addition I heard so many differences, a very clear reminder that our community is not a monolithic whole. There's more than one way to do this thing.

When I spoke to participants in the other classes and started seeing the pieces that resulted, I think that those folks must have been experiencing something similar. The pastels, the photos, and the artist statements, bring visibility to a group of folks that often are left out. In the LGBT community, the focus generally falls on the younger, and among aging people there is little mention of different sexual orientations or gender identities.

We hope that this exhibit shines the spotlight on us for a while, and shows that aging LGBT people have something to say.

-- Hope to see you at ArtRage Gallery or at another event sometime this month. --Kim

# PROGRAM CORNER



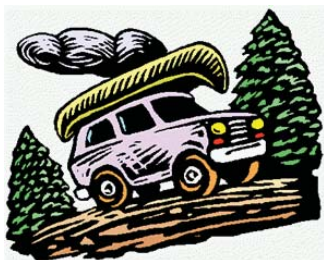
## From the Program Coordinator

For at least a while longer, this could be called “Notes from the Newbie.” Many of you know that I transitioned into my new position slowly as I phased out of my previous position. Although June 20th began my first full week, I’ve been busy getting up and running. The first priority on my list has been to meet you, the members of SAGE. I’ve dropped in to a number of groups and plan to continue doing that. Hopefully you saw me at Pride, and I’ve helped coordinate the bus trip to NYC Pride. Other items on my “to do” list have included getting trained on the database, rejuvenating our Facebook page, and lining up volunteers for our Art of Aging exhibit at ArtRage Gallery on Hawley Avenue—which by the way if you haven’t visited, you really should!

Upcoming activities for me include conducting a formal evaluation of our ongoing programs (see article on right). An equally important task that I will oversee is the reinvigoration of the buddy network. You can help with this process by getting in touch with Sage if you want a buddy or if you want to either become a new buddy or reactivate your role as a buddy.

As always, a significant amount of my time each week is devoted to listening to your ideas and issues so that we can make SAGE an organization that is strong, welcoming and serving the widest number of LGBT elders we can.

So tell me, what’s your passion? Your new program coordinator wants to hear from you!



Wish you had a buddy to go to baseball games with? Have something on your bucket list that you don’t want to do alone, like a ride in a hot air balloon or an LGBT cruise in Alaska? Or do you just want to do a wine tour

along the Finger Lakes with a designated driver? Maybe a quiet night of board games or a monthly reading group is what you’ve been yearning for. What would make you not only more active in SAGE, but more active? A self-defense class, a hiking, canoeing, kayaking trip? Thank you for your kind words and support as I’ve joined you in this process!

-- Karen

## Your Group Gets an A

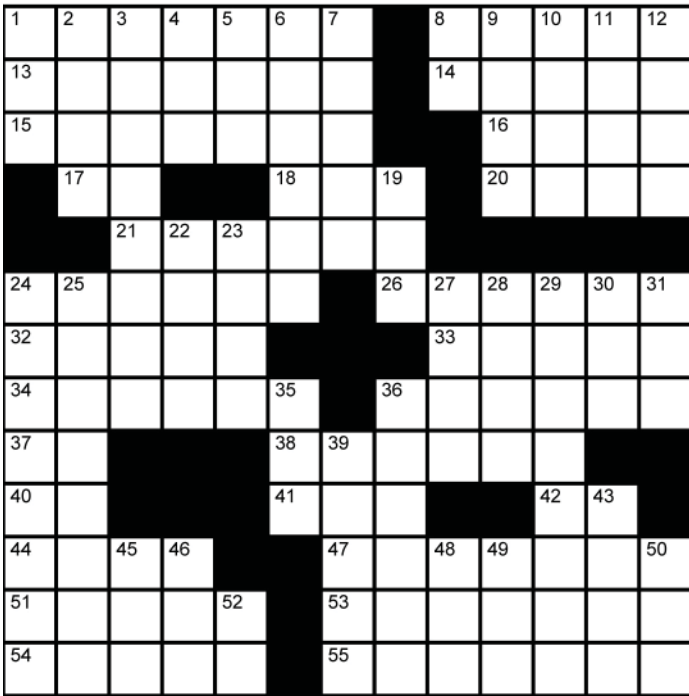
It’s evaluation time -- we are conducting a formal evaluation of programming in order to optimize the allocation of resources as well as collect the sorts of information that will help us attract more funding for more great programs. In the upcoming months leaders of the groups in which you participate will be asking for your feedback and your participation in filling out a questionnaire. It’s important that you tell your group leader and your staff at SAGE what’s working, where there could be improvements, and how your life is different each day because of your participation in Sage. The more information you give us, the better we will be able to serve you. In the coming months, you will see highlights and information about the many dynamic groups at Sage.



## Movie Night: July 19 Sing along with Oklahoma!

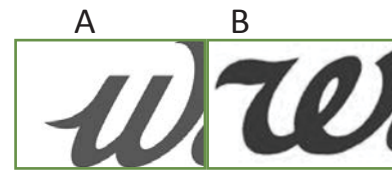
What could be better than the Rodgers and Hammerstein musical set in the Oklahoma territory in the early 1900s that tells the story of Curly (Gordon MacRae), a cowboy who has as much trouble admitting his feelings to Laurey (Gloria Grahame), as she does to him? I’ll tell you what could be better: the **sing-along** version! Come join us for fun, popcorn and soft drinks!

# Brainwork



Use Your Noggin to ponder these:

Wegmans or Walgreens?



Margo or Baby Jane?

Which quote was spoken by Baby Jane Hudson (*What Ever Happened to Baby Jane*), and which was uttered by Margo Channing (*All About Eve*). Both characters were played by Bette Davis.

- C. "Fasten your seat belts. It's going to be a bumpy night."
- D. "You mean all of this time we could have been friends?"

Ajax or Mr Clean?

- E. Cleans your whole house and everything in it.
- F. Cleans like a white tornado.

## Across

1. Wears down
8. \_\_\_\_\_ Aging
13. It happens every 2nd Sunday
14. Skin layer
15. Vibrating effect
16. \_\_\_\_\_ John
17. The (Sp)
18. Preparation/adaption of a composition (abbr.)
20. Dried, withered
21. Arouse
24. Combat wear
26. Be there on August 21
32. Avoided restaurants
33. Agnew's name for a nattering news reporter
34. People who have lots call it this
36. \_\_\_\_\_ 11
37. \_\_\_\_\_ the closet
38. Put the painting up again
40. He fronted the Sunshine Band
41. Where Valesky and Magnarelli are the rest of the week (abbr.)
42. Recovery group (abbr.)
44. An eternity
47. Bars + mallets = music

51. Junction between esophagus and stomach
53. A bird might do it in a tree, a bee might do it in a hive
54. She said, "yep, I'm gay"
55. Alexis and Krystle's series

## Down

1. Appropriate
2. To make a hole through, or to make weary
3. Main drag of North Syracuse
4. In the plural form, they are collected for the poor
5. Dyad
6. Bakery buy
7. Versatile piece of clothing
8. Place one in the SAGE Upstate News or on a 2nd Sunday Potluck placemat
9. Bench and Rose's team
10. Certain surgeon's "patient"
11. He played Sherif Ali, Yuri, and Nick
12. Cost of travel
19. Counterpart of Sen.
22. Times Square is where this

- street crosses Broadway
23. Candy, walking, sugar
24. "Divine Wind"
25. If a Spielberg classic was updated, the title character may have contacted home in this way
27. Ancient Andean people
28. Commune in northwest France
29. What you watch on ESPN in winter
30. Charged particle
31. Charley Sheen's previous home
35. If two gals from Mexico (where it's legal) married, here's what they'd be called
36. Lyrics of many songs
39. Tree commercial?
43. Short but vague duration
45. Rig, can, or paint
46. Galeville to Cicero direction
48. First syllable of canine star name
49. Anti-lynching crusader Wells
50. \_\_\_\_\_ day now
52. Between em and oh

HEALTHY AGING



# SAGE DOES PRIDE 2011

**Linda J. Stein LCSW-R, PC**  
*Psychotherapy for Discerning Individuals*

Offering an eclectic blend of traditional and holistic therapeutic approaches tailored seamlessly to fit your specific needs. 23 years clinical experience.

LindaJSteinTherapy.com ^ lindajstein132@windstream.net  
 132 Albany St. Cazenovia, NY 13035 ^ 315-655-0699

**Hansen's Advisory Services, Inc.**  
*"Investing in companies that give a hoot"*

Susan S. Hansen, Registered Principal, CFP, CLU, AIF, AEP

specializing in  
**focused holistic planning | socially responsible investing**

Call or email us today! info@hansensadvisory.com  
 315.637.5153 — 800.318.9780  
 7067 East Genesee Street  
 Fayetteville, NY 13066  
 www.hansensadvisory.com

Securities offered through Cadaret, Grant Co., Inc., member FINRA, SIPC — Hansen's Advisory Services, Inc. and Cadaret, Grant are separate entities.



**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](http://www.loretto-cny.org)

**Ameriprise Financial** MORE WITHIN REACH™

30 minutes can impact your next 30 years.

Call me today at (315) 251-0512 ext. 209

Vivian M. Derrickson, CFP®, CLU®  
 Senior Financial Advisor  
 CERTIFIED FINANCIAL PLANNER™ practitioner

Ameriprise Financial Services Inc.  
 6319 Fly Road #2  
 East Syracuse, NY 13057  
 (315) 251-0512 ext. 209

vivian.m.derrickson@ampf.com  
 ameripriseadvisors.com/vivian.m.derrickson

**Join the Chorus!**

Winter Season rehearsals begins September 7, 2011.

New members can join at any of the first three rehearsals: September 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup>.

Join us Sept. 7<sup>th</sup> for a start of the season pizza party at 6:30pm! Rehearsals take place each Monday at 7:00pm at Plymouth Congregational Church 232 East Onondaga, Syracuse, B202

Visit Us Online!  
[www.syrqlc.org](http://www.syrqlc.org)

Syracuse Gay & Lesbian Chorus  
 Singing with PRIDE since 1991.  
 Find us on Facebook

**GEICO Local Office**  
 Lori E. Myers  
 2735 Erie Blvd E, Syracuse, NY 13224  
 lmyers@geico.com 315-479-2886

All your insurance needs: domestic partners receive same discount as married couples.

**GEICO**

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

**ADVERTISE WITH SAGE UPSTATE!**

REACH THE AGING LGBT COMMUNITY, A GROUP LOOKING FOR SUPPORTIVE BUSINESSES AND SERVICES. CONTACT US FOR MORE INFO: 478-1923; [KDILL@SAGEUPSTATE.ORG](mailto:KDILL@SAGEUPSTATE.ORG)

**Vera House**  
 Domestic/Sexual Violence Hotline:  
 315-468-3260, 422-7273,  
 Office: 315-425-0818; TTY: 484-7263  
[www.verahouse.org](http://www.verahouse.org)

**Cooperative Federal Credit Union**  
 471-1116 [www.coopfed.org](http://www.coopfed.org)

**Jeff Kreis Heating A&C**  
 469-7852  
 Heatman315@aol.com

**Plymouth Congregational Church**  
 Welcoming LGBT community --  
 God is still listening. Sunday svcs 10 am  
 232 E Onondaga St; Park free across street  
 Info: 395-1720 (Cindy)

**Sparky Town Restaurant**  
 324 Burnet Ave.  
 M-F 11 - 8, Sat 8 - 3

**Syracuse University LGBT Resource Center**  
 443-3983

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<b>JULY 2011</b>					
Unless otherwise noted with * , all activities held at SAGE Upstate Center, 501 James St. @ Townsend in the First English Lutheran Church. Event details on page 8. Info: 315-478-1923.					
1 Men's Night Out, 6	2	3	4 Monday Men's Group, 6	5 6 Knitting/Crocheting /Needlework, 7 *Bike group, 6	7 8 Daytime: Poker & Soup, noon Uzuri 6:30
9 *Art of Aging Reading, 7	10 2nd Sunday Potluck, 4	11 Monday Men's Group, 6	12 13 Knitting, 7 *Bike group, 6	14 15 *Art of Aging Film: <i>Connie &amp; Ruth</i> , 7 Q Discussion, 7	16 17 Men's Night Out, 6
18 Monday Men's Group, 6	19 3rd Tuesday Movie, 7	20 21 SAGE board, 5:30 Knitting, 7 *Bike group, 6	22 23 Open Minds Mental Health Suppt. Group, 6	24 25 Women's Social, 6 pm	Karaoke, 6:30 *Oswego, 2 *Cayuga, 2
26 27 Monday Men's Group, 6 *60+ Circle of Friends, 12:30 *Bike group, 6 Knitting, 7	28 29 *Q Discussion, 7	30 31			

**T-shirts !**

Get yours today for a donation of \$15. Pick one up at the office, at the July potluck, or call the office with a credit card number.

All the cool kids are wearing them. . . don't be left out!

## JUNE 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:** 7/27, 12:30 pm. LGBTQ people age 60 and older meet for lunch. Call for location/details.

**Art of Aging Exhibit:** June 25 – July 16, ArtRage Gallery

**Art of Aging Readings** by the Artists July 9, 7pm.

**Art of Aging Movie:** Ruth and Connie: Every Room in the House with discussion afterwards with Ruth and Connie July 14, 7 – 9 pm

**Bike Group:** Meet other SAGERS for biking at Onondaga Lake Park on Wednesdays at 6 pm, weather permitting, in the parking lot by Griffin's Visitor Center. Some participants walk too.

**Cayuga County Regional Network:** 7/24, 2 pm at Auburn Unitarian Universalist, 607 North Seward St, Auburn. Bring a dish to pass if you are able.

**Daytime Social: Poker and Soup** Come join us for poker game and lunch. We'll provide the soup and you can bring a sandwich to go with it if you wish. 7/8 at noon.

**Karaoke:** Come join your SAGE friends on 7/23 at 6:30pm.

**Knitting/Crocheting/Needlework Circle:** Wednesdays, 7 pm, led by Deborah Hardy. For beginners and those more experienced too – open to all interested.

**Men's Night Out:** 1st/3rd Fri (7/1, 7/15), 6 pm. Join SAGE guys for pizza, games, movies & fun.

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

**Open Mind Mental Health Support Group:** Safe space/peer support group for LGBT people with a mental health condition. 3rd Thursday, 7/21, 6 - 8 pm. Info: 478-1923 or Vivian Chapellier, 315-475-1994. Co-sponsors: SAGE Upstate, Transitional Living Services

**Oswego Network:** 7/24, 2 pm 353 Dry Bridge Road, Mexico NY. Bring a dish to pass if you are able.

**Q Discussion and Social Group:** 2nd Thu (7/14), 7 pm at SAGE Upstate, 4th Thu (7/28), 7 pm meets out in the community. Call for details.

**SAGE Upstate Board Meeting:** The SAGE Upstate Board will meet on 7/20 at 5:30pm.

**Second Sunday Potluck:** Sunday, 7/10, 4:00. Jenny Hicks from Vera House will present on elder abuse issues. Social: 4, Program: 5, Dinner : 6

**3rd Tuesday Movie Night:** 7/19, 7. Oklahoma! Sing-along version! Popcorn/soda served.

**Uzuri:** 2nd Fri 7/8, 6:30. Social group for aging LGBTQ People of Color.

**Women's Social:** Fri, 7/22, 6 pm. Cards, movies, soda, snacks. Come meet new friends and hang out with old pals at this gathering for SAGE women.



**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](mailto:kdill@sageupstate.org).

## NEWS BITS



**The United Nations passed a resolution in June recognizing the rights of LGBT people** all over the world. The declaration expressed “grave concern” over abuses based on sexual orientation, and commissioned a global report on discrimination against LGBT people. The US hailed the resolution, and Secretary of State Hillary Clinton called this a “historic moment” which will bring light to abuses against LGBT people worldwide “based solely on who they are and whom they love.” The resolution was presented by South Africa and won by a narrow margin. It was strongly backed by the US.

**Marriage?** The big issue which may very well be decided by the time you are reading this is marriage equality in New York State. The Assembly has approved the bill, which would grant the right to marry to same sex couples, by a vote of 80 - 63. At press time, we wait for the Senate to bring the vote to the floor. Some 31 Senators have committed to vote in favor of the legislation -- one shy of the votes needed. Polls show that a majority of New Yorkers support marriage equality and think its passage is inevitable. Republican Senators are conferencing on making the bill more palatable by writing in explicit exclusions for faith organizations (though no church is currently limited by law on who they can marry). Sounds like everything is falling into place . . . oh wait, I forgot -- it's Albany we're talking about. We at SAGE are hoping for a happy ending!

## AROUND TOWN

▼ The **Everson Museum of Art** opens three new exhibits this summer. *The Power of Pattern: New Work by David MacDonald* opened on June 25 and runs through September 18. MacDonald masterfully creates richly patterned utilitarian objects from clay -- functional works to be touched, held, and used by people who appreciate their inherent beauty. “The principle concern of my art is the articulation of the magnificence and nobility of the human spirit; a celebration of my African heritage,” reads the artist’s statement. Also opening on 6/25 is *Still Life: Revisited*, which runs through September 11. The exhibit examines the influence of painting on photography within the still life genre, and features 19th and 20th century American paintings on display with the work of contemporary photographers. Opening July 16 is *Celestial Nights: Visions of an Ancient Land* which runs through September 18. The exhibit is a stunning portfolio of nocturnal landscapes and star filled skies taken in ancient ruins of the Middle East by Neil Folberg. The Everson is located at 401 Harrison Street in Syracuse.

▼ **FAIRNY** (Focus on Awareness and Information Resources of New York) is staffing an LGBT Resources booth at the NY State Fair, and they are looking for volunteers. The fair starts on August 26 and ends September 5. Volunteers can sign up for shifts to staff the booth, which is located in the Center of Progress Building. For more information, contact FAIRNY at 315-436-5902 or [fairny@twcny](mailto:fairny@twcny).



### Wanted: Home for a Calico

Dick McCarthy, long time SAGE member, is looking for someone to adopt his Calico, “Joy.” He’s looking for someone with no other pets who could give her a good home. Joy is 11 years old but very healthy. If you are interested, call Dick at 471-4776.

# WELLNESS PAGE

## Get started exercising and don't stop!

*It's the Silver Bullet, the antidote for many diseases and conditions. It's the Fountain of Youth, adding years to lives. It's the body's own prosaic, improving moods, relieving stress. Exercise. Instead of asking why you should do it, it might be better to wonder why you are not.*

### So many reasons . . .

**Ward off disease:** If you exercise, you're likely to have few doctors/ hospital visits. Exercise can prevent or delay many diseases and chronic conditions such as heart disease, arthritis, diabetes, high blood pressure, balance problems.

**Improve your mood:** It can help you manage stress and reduce feelings of depression.

**Boost brainpower:** Exercise can improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks.

**Age on your own terms:** Stay strong and fit enough to maintain your independence.

**Endurance:** Aerobic activities like brisk walking or swimming increase breathing/heart rate and improve endurance, which can make it easier to vacuum, work in the garden, rake leaves, play a sport.

**Strength:** Lift weights and use resistance bands to build strength. This will help you maintain your ability to climb stairs, carry groceries, open jars, carry a full laundry basket up the stairs, lift bags of mulch in the garden.

**Balance:** Exercises like tai chi can improve your ability to control and maintain your body's position while moving or still. Aside from helping to prevent falls, good balance helps you stand on tiptoe, take the stairs, walk on an uneven sidewalk.

**Flexibility:** Stretching exercises help you look over your shoulder as you back the car out of the driveway, make the bed, bend over to tie your shoes, reach up to a kitchen shelf, pull a sweater on over your head.

**Tips** **1** Make sure to choose an activity that is fun and interesting. That will make it easier to keep doing it! Try adding some music.

**2** Pace yourself. Don't start at a level you can't commit to for the long term. Do low- to moderate-level activities, especially at first. You can slowly increase the duration and intensity over time working up to exercising on most days for 30-60 minutes.

**3** Variety is the spice of life . . . and exercise. Develop a repertoire of several activities that you enjoy and switch off.



**4** Dress the part -- wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing appropriate for the weather and activity.

**5** Develop a routine, not a rut. Schedule a convenient time and place to do activities and stick to it, but be flexible. If you miss, work activity into your day another way.

**6** Surround yourself with supportive people and ask for what you need, from exercise reminder to questions about your progress to exercising with you.

**7** Keep a record of your activities. Reward yourself at special milestones. Nothing motivates like success!

**8** Always talk to your doctor before starting an exercise program.



*Health and Wellness Page Sources:*  
*American Heart Association ([www.americanheart.org](http://www.americanheart.org));*  
*National Institute on Aging (<http://nihseniorhealth.gov>)*



They're Jewish.  
They're Grandmothers.  
And they're Lesbians.



## Meet Ruth & Connie at Art of Aging Film Event

The film *Ruth and Connie: Every Room In The House*, will be shown as part of the SAGE Upstate Art of Aging exhibit at ArtRage Gallery, 505 Hawley, on Thurs-

day, July 14, 7 pm. After the screening, the title characters, Ruth and Connie, will lead a discussion about their lives and the film. The event is free and open to the public; any donations will support future arts programming at SAGE.

In 1959, Ruthie Berman and Connie Kurtz were young, married women living in the same building in a working-class Jewish neighborhood in Brooklyn. They are conventional housewives who become activists and community leaders. Then, in 1974, they fall in love with each other.

They describe the next chapter in their lives as an "earthquake," for themselves, their families, their friends. They have to leave their children behind, and Ruth considers jumping off a bridge, thinking her death would be easier for her kids to deal with, as compared to having a lesbian for a mom.

Gradually, Ruth realizes that coming out of the closet may be healing. So, in 1988, the couple comes out in a big way -- they sue New York City for domestic partner benefits, and overnight become national heroines.

Today, they are still activists, offering workshops for LGBT people, including one called "Is there life after coming out?" For Connie and Ruth the answer is yes. When asked whether it was worth all of the pain, Ruth replies, "Connie and I were destined to be together. It's like riding a bicycle built for two: we don't have to say, 'start with the left,' we know which foot to start with."

## 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](mailto: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 granddaughter just announced she is getting married next June. I hate the thought of someone taking pictures of me. I am very heavy and want to lose some pounds before the big day. Any ideas would be great. -- Fatty Granny

Dear Granny,

Welcome to the club. Senior obesity levels have risen in the last decades. According to *Senior Journal*, obesity rates definitely impact the length of time seniors are disabled before they die. More weight equals the more disabled you will be. The fastest way to a nursing home?? Lack of ability to lift your weight out of a chair. The time is now, seniors!!

Granny, there are lots of programs, books, online info to check out. Team up with an exercise pal. Write down what you eat. Shop at the farmers market. Take an exercise class. Join a weight loss program. Walk. Tape up a current picture on your fridge. Move more eat less!! And don't give up!! I'll see you at the gym!! --Amelia

**Check out the Wellness Page (p 10) in this issue for some exercise tips!**



**YOUR TABLE IS WAITING . . . ONE WEEK LATER THIS YEAR.**

**SAGE UPSTATE ANNUAL PICNIC AUGUST 21**  
Held on the 3rd Sunday, not the 2nd, Oneida Shores  
Details next month.



PO Box 6271  
Syracuse, NY 13217

Address service requested

Nonprofit Org.  
US Postage Paid  
Syracuse, NY  
Permit 1930

**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](mailto:kdill@SAGEupstate.org)*