

March With Sage Upstate in CNY Pride Parade

The CNY Pride Parade is coming up on Saturday, June 7 -- get ready to celebrate. Pride kicks off that morning with the raising of the Rainbow Flag at Syracuse City Hall at 11 am. The flag raising is followed by the Pride Parade at 11:30 and the Pride Festival from 12 noon - 5:30 pm at the Everson Museum Plaza.

Sage Upstate invites all interested people to march with us in the parade or help out at the Sage table at the Pride Festival. Interested individuals should contact Carrie Elliott at 478-1923 or celliott@sageupstate.org to find out more about marching with your fellow Sagers or other ways you can participate with Sage at Pride.

First Ever Statewide LGBT Senior Summit

At the end of April, Sage Upstate and other members of the New York State LGBT Senior Issues Committee coordinated the first statewide LGBT Senior Issues Summit in Albany. More than 80 LGBT seniors participated from cities around the state, including Rochester, Albany, Westchester, Brooklyn, Queens, and Manhattan. Sage Upstate took 28 folks from CNY to the event, where they also participated in the statewide advocacy event Equality & Justice Day. At the summit, New York State Office For Aging Director Michael Burgess listened as LGBT seniors told stories and raised concerns about their lives and relevant issues. See more pictures inside.



Sagers march on Albany! Pictured in front of "The Egg" are (L-R): Carrie Elliott, Ron Baldwin, Barb Genton, Scott Milner, Greg Lewis, Mike LaMontagne, and Peter Palmer.

**Second Sunday Potluck:
June 8, 4:30 pm**

**History of Pride Parades
with Harry Freeman-Jones**

Harry Freeman-Jones will present his slide show of pride celebrations.

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

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Sage Upstate News is published monthly for the older lesbian, gay, bisexual and transgender communities of Central New York by the staff/volunteers of Sage Upstate.

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Sage Upstate is an intergenerational and culturally diverse organization committed to addressing needs specific to older lesbians, gay men, bisexual, and transgender persons in CNY.

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

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

Around Town

▼ This month the **Central New York HIV Care Network** will present a special conference exploring the impact of HIV/AIDS on the transgender community with a focus on the Internet as a vehicle for social networking. The conference, entitled **Networking & Connections: Transgender & HIV/AIDS**, will include seminars on recent trends, information access, and reaching marginalized communities. The event is free, includes lunch and will be held on June 10, 9 am - 5 pm at the Genesee Grand Hotel, 1060 E Genesee in Syracuse. To register, call 315-472-8033.

▼ The **Syracuse Gay and Lesbian Chorus** will present its 2008 Spring Pride Concert on Friday and Saturday, June 20 and 21, 8 pm, at the First Unitarian Universalist Society, 109 Waring Road, in Syracuse. The Chorus kicks off its 17th season with this concert titled, "**A Deeper Love.**" The evening's event will include a post-concert reception and door prize giveaway. Tickets (\$15 in advance, \$18 at the door; senior and student tickets available) can be purchased by phone at 315-476-4329, at the Lavender Inkwell Bookshoppe, or reserved online at SGLCtickets@twcnny.rr.com. For more information about The Syracuse Gay and Lesbian Chorus, visit www.syrglc.org. Later this summer, the SGLC will represent the greater Syracuse community in its second appearance at the GALA Choruses Festival 8, which is being held in Miami this July to showcase international gay and lesbian choruses.

▼ Two mature lesbians are seeking others to form a cooperative living arrangement in the Hawley Green area. If this is something you may be interested in, please contact Marilyn at 315-469-6265, silverfoxaustin@yahoo.com or Kate at 315-446-8624, larchess225@yahoo.com.

PFLAG Syracuse Needs Your Help!

As this local organization for families and friends of LGBT people restructures, it is seeking feedback from the community. Please go to the PFLAG website at:

<http://pflagsyracuse.homestead.com>

and click the link to fill out the survey.

The survey takes about 7 - 10 minutes and it will give PFLAG valuable information about how to reach and serve the CNY LGBT and allies community. Please send the link to family members and friends as well.

Hard copy surveys are available at Sage Upstate. Please visit and pick up a copy or call and we will mail one to you.

UZURI OPEN HOUSE

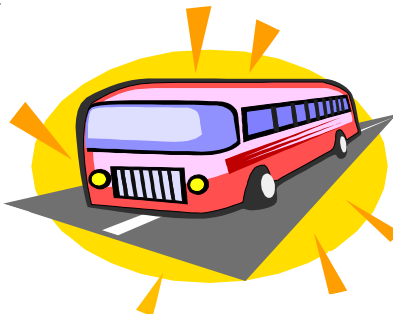
Friday, June 13, 6:30 pm, Sage Upstate Center

Uzuri, the Sage Upstate group for Aging LGBT People of Color, will open its doors to all interested Sage friends at this event.

- ▶ Partner up with an Uzuri member for a People of Color version of the \$25,000 Pyramid game
- ▶ Enjoy some diverse cuisine from the likes of Trinidad and Tobago to southern cultural dishes
- ▶ Listen to some unique poetry and story telling
- ▶ If you had the chance to ask a question about anything you've always wanted to know about LGBT People of Color – what would it be?

Still a Few Seats Left for Bus Trip to Toronto

Sage is heading to Toronto and the bus is filling up fast. Sage has chartered a bus to go to Toronto Pride on June 29, and there are a few seats left. The bus will leave from Shoppingtown



Mall at around 6 am and will return around midnight the same night. A packet with detailed information about the trip will be sent to all participants after they register. Participants will also receive information about Toronto Pride, including maps, information about the parade route, and information about the location of businesses and restrooms in the area. Tickets are \$49 for Sage members and \$59 for non-members.

All American citizens traveling across the border must have either a passport or a government issued ID (such as a driver's license) and an official copy of their birth certificate with a raised seal. Non-citizens traveling across the border must bring the same documents they were required to have when originally entering the US.

To purchase your tickets, send a check to Sage Upstate (PO Box 6271, Syracuse, NY 13217) or pay with your Visa or MasterCard credit card over the phone by calling Kim Dill at 478-1923.

Outdoor Fun at Beaver Lake

Sage Upstate is organizing an "Outdoor Activity Day" this month at Beaver Lake. Sage member Gerri Berrios is helping to organize ongoing events for folks interested in outdoor fun. The first such event will be held on June 14, 10 am, at Beaver Lake Nature Center (8477 East Mud Lake Road, Baldwinsville). The facility offers free trails for hiking, as well as kayak rentals (\$8 an hour). There is a \$2 per car fee to enter the park. Participants should bring their own lunches. For more information or to sign up to be contacted about future outdoor activities, contact Carrie Elliott at 478-1923 or celliott@sageupstate.org.

Thank You Spring Dance Sponsors

Alpert, Stearns, Daley & LaCombe

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Onondaga Employee Leasing Services

The Printing Center

Syracuse Gay & Lesbian Chorus

Susan White, LMFT



Sage Upstate Goes To Albany
 Top Row: Sagers in the Central New York section of the opening ceremonies of Equality and Justice Day, a statewide advocacy event that drew more than 1,300 from around the state. Bottom Row: L-R: Michael Burgess, Director of the New York State Office For Aging, listens to participants tell their stories at the first ever statewide LGBT Senior Issues Summit; Sage Upstate Board Member Alyn Hoxie makes remarks at the summit, which was attended by more than 80 participants from New York organizations serving LGBT seniors; Senior Issues Caucus at Equality & Justice day, with more than 90 participants.



June 2008
Sage Upstate Activities
 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.

Businesses and Organizations:
 Contact Sage Upstate if you wish to make a donation and be recognized in color on the calendar page of each issue of this newsletter.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 *Jefferson Regional Network, 1:30pm	2 Monday Night Men's Group 6pm	3	4 HERS Group, 6pm Knitting Circle, 7pm	5 Guitar Group, 6pm Coming Out Later in Life, 7pm	6 Men's Night Out 6pm	7 * Syracuse Pride
8 Second Sunday Potluck: Pride of the Past, 4:30pm	9 Potluck Committee, 5pm Monday Night Men's Group 6pm	10	11 60+, 3pm Knitting Circle, 7pm Men's Empowerment, 7pm *For the Bible Tells me So, 7pm	12	13 Uzuri: Social for LGBT People of Color Open House, 6:30pm	14 * Outdoor Activities Day, 10am
15	16 Monday Night Men's Group 6pm	17 Transgender Group, 6:30pm	18 Sage Board 5:15pm HERS Group, 6pm Knitting Circle, 7pm	19 RACNY, 5pm Guitar Group, 6pm Coming Out Later in Life, 7pm	20 Men's Night Out 6pm *Oneida Regional Network, 7pm	21
22 *Oswego Regional Network, 2pm	23 Monday Night Men's Group 6pm	24	25 60+ (time tba) Knitting Circle, 7pm Men's Empowerment, 7pm	26	27 Women's Coffeehouse 6:30pm	28
29 * Bus Trip to Toronto Pride	30 Monday Night Men's Group 6pm Volunteer Night, 6 pm	This Month in Gay History – The Stonewall Riots began June 28th 1969. The riots began during a police raid on a gay bar. Patrons fought back against the police who had come to arrest them. The riots lasted several days. The event is widely recognized as the catalyst for the modern-day LGBT rights movement.				

Sage Upstate Calendar: June 2008

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

60+ Circle of Friends: 2nd and 4th Wednesday of the month. Meets 6/11 at Sage Upstate. On 6/25 the group will meet out for lunch, call for time and location.

Bus Trip: Toronto Pride: Sunday, June 29th. Tickets are \$49 members, \$59 others. Call for more info.

Coming Out Later In Life: 1st & 3rd Thursdays (6/5, 6/19), 7 pm. Peer led discussion group; members share experiences, find connections & support.

For the Bible Tells Me So: Sage Upstate and the Mundy Library cosponsor a screening of the film Wednesday, June 11, 7 pm at the Mundy library, 1204 S. Geddes Street.

Guitar Group: Sage's guitar group meets the 1st and 3rd Thursday of the month (6/5, 6/19) from 6-7 at the Sage Upstate Center. Group is for amateur guitar players looking to play and learn with others.

HERS Group for Women: 1st, 3rd Wednesday (6/4, 6/18), 6 pm. Facilitated by Susan White, MA. This group explores aging issues among lesbian, bisexual, and transgender women. Please register in advance.

Knitting Circle: Meets every Wednesday in June 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 (6/11, 6/25), 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, (6/6, 6/20) 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.

Outdoor Activities Day: June 14, 10 am, at Beaver Lake Nature Center (8477 East Mud Lake Road, Baldwinsville). Hiking and Kayaking are available (\$8 an hour for kayak rentals). There is a \$2 per car fee to enter the park. Participants should bring their own lunches.

Pride: March with Sage at Syracuse Pride, June 7th, 11 am.

Rainbow Alliance of Central New York: Thursday, June 19, 5 pm. Local coalition of LGBT organizations.

Regional Networks: These networks hold gatherings for LGBT seniors and allies in their home counties. Bring a dish to pass if you are able.

Cortland Network: On break for the summer.

Jefferson Network: Sunday, June 1, All Souls Unitarian Universalist Church, 1330 Gotham St, Watertown, 1:30pm.

Oneida Network: Friday, June 20, Home of Sage Members Jeff Sterling and Mil Decker, 412 Rutget St, Utica 7pm,

Oswego Network: Sunday, June 22, 2pm, St James Episcopal Church, 24 Lake St, Pulaski.

Sage Board Meets: Wednesday, June 18, 5:15 pm.

Second Sunday Potluck -- History of Pride: Harry Freeman Jones will share his slide show of past pride celebrations. 4:30 Sunday, June 8. 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, June 9, 5 pm.

Transgender Support Group: Peer discussion and support group for transgender identified people. Meets the third Tuesday of each month (6/17) at 6:30 pm. This month group discussion will include discussion on transitioning in the workplace.

Uzuri: June 13th, 6:30 pm. Group for LGBT people of color. June 13th is the Uzuri open house, open to everyone at Sage. Come find out what the group is all about.

Volunteer Night: Join us on Monday, June 30, 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 (6/27) at 6:30 pm. Enjoy coffee, soft drinks, pizza, games, movies and socializing with other Sage women.

Pride Month Screening:

For the Bible Tells Me So

Sage Upstate and the Mundy Library will co-sponsor a screening of the film, *For the Bible Tells Me So*, on Wednesday, June 11, 7 pm at the library, 1204 S. Geddes Street, in Syracuse. Can the love between two people ever be an abomination? Is the chasm separating LGBT people and Christianity too wide to cross? How can the Bible be used to justify hate? These are the questions at the heart of *For the Bible Tells Me So*. Through the experiences of five families – including those of former House Majority Leader Richard Gephardt and Episcopal Bishop Gene Robinson – we discover how people of faith handle, or sometimes tragically fail to handle, having a gay child. Informed by such respected voices as Bishop Desmond Tutu, Harvard's Peter Gomes, Orthodox Rabbi Steve Greenberg and Reverend Jimmy Creech, *For the Bible Tells Me So* offers healing, clarity and understanding to anyone caught in the crosshairs of scripture and sexual identity. This screening is free. For more information, please contact Sage Upstate or the Mundy Library at 435-3797.

Program Update

Regional Networks

The **Cortland** County Regional Network is taking a break for the summer. The Sage/**Jefferson** County LGBT Alliance is hosting a health fair June 1, 1:30 pm at the All Souls Unitarian Universalist Church (1330 Gotham St, Watertown). On June 7, the Jefferson group will carpool to Syracuse Pride, and on June 28-29 the group will carpool to Toronto Pride. The **Oneida** County Regional Network meets June 20, 7pm, at Sage members Jeff Sterling and Mil Decker's home, 412 Rutger St, Utica for a potluck dinner. Please bring a dish to pass. The **Oswego** County Regional Network meets June 22, 2pm at St James Episcopal Church, 24 Lake St. in Pulaski for a potluck meal. Please bring a dish to pass.

Yoga Takes a Break

Sage Upstate's Yoga classes are taking a break as we move into summer. Looking for other ways to stay active? Keep an eye out for other Sage activities, like our Outdoor Activities event at Beaver Lake June 14th.

Passages: Bruce Donnally, Jim Bigsby



Bruce Donnally, former Sage Upstate board member and treasurer, passed away May 2 at home. Bruce was an active board member and participant of several Sage activities, including Men's Night Out. He was a computer specialist with PACE and had served on the board at the Westcott Community Center. Bruce loved cats and volunteered for the ASPCA shelter for homeless cats. He had lived in Syracuse for years and moved back into the Hawley-Green neighborhood a few years back. Bruce was a member of the Hawley-Green Neighbors since its

inception. He was involved in the Neighborhood Walk-Throughs and other projects such as rebuilding the Clinton Playlot. A memorial service was held for Bruce at Sugar Pearl on Saturday, May 10. Donations to the A.S.P.C.A. will be accepted in Bruce's name. Bruce will be missed very much by all of us at Sage Upstate.



Jim Bigsby, who founded Sage Upstate's Coming Out Later In Life Group, passed away suddenly on May 9. At Jim's suggestion a few years ago, Sage Upstate started its "Coming Out Later In Life" peer discussion group. He worked hard to create a framework that worked well for this group and has been used for other Sage groups since.

Because of his commitment and the time and energy he put into this effort, many folks have found strength and support through their own personal coming out process. A native of Syracuse, Jim was a graduate of Southern Illinois University and SUNY Oswego. He was employed for the Syracuse City School District for 30 years. Jim is survived by two children, two grandchildren, and two brothers, as well as extended family. We at Sage Upstate will miss Jim, and we send our deepest condolences to his loved ones.

LGBT Affirming Recovery Resources

Wednesday Nights, 8 pm, 501 James Street
in Syracuse: Boys In The Band Group of Alcoholics Anonymous
(Gay Men's Meeting)

Sunday Nights, 7 pm, Women's Info, 601 Allen Street in
Syracuse: Live and Let Live LGBT Alcoholics Anonymous Meeting

Monday Nights, 7 pm, Women's Info, 601 Allen Street in
Syracuse: Monday Night Pride LGBT Al-Anon Meeting

Health & Wellness Page

Managing the Stress of Caregiving

A study conducted by the National Alliance for Caregiving and AARP found that more than half of those who provide care for parents experience stress and strain. Studies show that experiencing stress is not just unpleasant — it can negatively affect your health, well-being, and ability to provide care. When you are caring for others, take care of yourself with these tips from AARP.

- ▶ **Eat nutritious meals.** Don't give in to stress-driven urges for sweets or drink too much alcohol.
- ▶ **Get enough sleep.** If you are kept up at night, try a nap during the day to make up some sleep.
- ▶ **Exercise regularly.** If necessary, find someone else to provide care while you walk or go to exercise class.
- ▶ **Get regular medical checkups.** If you have any symptoms of depression (extreme sadness, trouble concentrating, apathy, hopelessness, thoughts about death), see a doctor right away. Depression is an illness that can, and should, be treated.
- ▶ **Involve others.** Ask friends, neighbors and family members for help with household chores, home repair, driving, finding services you may need.
- ▶ **Maintain social contacts.** Remember to have fun and focus on something else from time to time.
- ▶ **Reach out.** Service organizations may be able to provide home health aides, shopping assistants, housekeeping, meal services, referral programs.
- ▶ **Take time off.** Look into respite care and adult day centers.
- ▶ **Talk about it.** Keeping your feelings bottled up can harm your immune system and lead to illness. Talk to friends, a counselor, or someone who has gone through the same thing. Share experiences with coworkers in similar situations.

Contact Cynthia Stevenson at the Onondaga County Department of Aging & Youth for Caregiver Resources 315-435-2362

Cynthia can provide individualized referrals to caregivers and tell you more about programs such as the Caregivers Institute.

Free HealthLink Seminars @ OASIS

HealthLink is an initiative of SUNY Upstate Medical University which provides free health seminars presented by doctors, nurses, physical therapists, pharmacists and clinical educators.

What is Ergonomics?

Thursday, June 12, 6 pm, Liverpool Library
Learn better and smarter ways to perform daily activities while decreasing your chances for injury. Interactive demonstrations.

Sunny Days Are Coming -- Is Your Skin Prepared?

Wednesday, June 18, 6 pm
HealthLink Site in Shoppingtown Mall
Learn how sun exposure causes changes in our skin and ways to stay protected.

HIV: A Risk At Any Age

Tuesday, June 24, 6 pm
HealthLink Site in Shoppingtown Mall
Learn about HIV risks and when and how someone should be tested for HIV and the resources available in the CNY area. This seminar will include discussion of confidentiality issues.

HealthLink also has Smoking Cessation classes scheduled throughout the month. For more information or to register for any of the classes above, contact HealthLink at: 315-464-8668 or <http://www.upstate.edu/uh/healthlink/>

Health and Wellness Page Source: AARP (www.aarp.org). 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.