

## Services and Advocacy for GLBT Elders

### Men's, Women's Groups Start

The SAGE Upstate empowerment groups are back! Starting this month, two support groups will meet for six weeks -- one for women, one for men -- to address issues related to aging and being LGBT. Both are facilitated by professional counselors. Here are the details:

**What Do Gay Men Want?** *Facilitated by David Bulard, LMSW* The men's support group will meet on Wednesdays, 6 pm, beginning on March 23, and will run through May 4, skipping April 20. The group will focus on a different theme each week: self discovery, friends and lovers, family, work and play, healthy living, community and spirituality.

**HERS (Healing, Empowerment, Respect, Support) Group for Women** *Facilitated by Susan White, LMFT* The women's support group will meet on Mondays, 6 pm, beginning on March 28, and will run through May 2. Topics will be group generated and may include issues such as intimacy, coming out, healing, and any number of others.

**Preregistration is required. To register or for more information:** contact SAGE Upstate at 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org). The groups are free.

### Potluck Placemats Offer Space

Starting this month, placemats at Second Sunday potlucks will become message boards, commercials, and community calendars. For \$15 per business card size space for one month, or \$35 for three months, you can put your message out there. Is there a birthday or anniversary you'd like to recognize? Does your organization or group have a big event coming up? Would you like SAGERs to know about your business or service? Use a space on Second Sunday placemats. Your space will be seen by an average of 60 people monthly at the potluck, then placed on the bulletin boards and meeting room walls in the SAGE Upstate Center -- where more than 100 people pass through each month. Contact SAGE Upstate today and get your space! Deadline is always the Wednesday before the potluck.

YOUR  
Business  
Card



2009 Ford  
Taurus: good  
condition,  
\$5,000.  
Mary:  
555-5555

Happy  
60th  
Birthday  
John!



YOUR  
Space

SECOND  
SUNDAY POTLUCK



### Take Control of Your Health!

Aaron and Tara Lambert of Nutritional Wellness Center will encourage participants to look past the myth and marketing surrounding healthcare, and will share ideas about how to look and feel better without the use of drugs or surgery.

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

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

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

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

SAGE Upstate receives funding from members and donors. Additional funding has been received from the New York State Department of Health, the Central New York Community Foundation, the Gifford Foundation, and SAGE USA. SAGE Upstate presents a wide variety of programs that may entertain as well as provide information. These programs represent the views of the speakers only, who are responsible for the content and accuracy of their presentation, and should in not be considered an endorsement by SAGE Upstate.



FROM THE  
EXECUTIVE DIRECTOR  
by Kim Dill

*The Purse is Political*

No, it's not a typo. You may think I meant to say, "The Personal is Political," and though I believe that, I'm talking about the purse. What we do with it is personal, and I think it's political too.

Activism means working for social change, and there are a number of ways to do that. You can carry a sign, talk to your legislator, or . . . open your purse. All of these methods are effective at addressing needed social change -- some of them raise awareness, some of them start a public dialogue, and some of them support organizations that are helping people until the change comes.

For example, because we've been on the outside in earlier hostile eras, because we have been denied the right to legally define families, older people are more likely to live alone, feel isolated. SAGE offers programs in a supportive environment where people can come together and build support networks.

Because aging LGBT people have faced discrimination we may fear reaching out for services. SAGE provides health information in our newsletter, with speakers on different issues, and other resources.

Because older LGBT people are isolated and not reaching out, providers may not recognize that people they see may be LGBT, let alone how to best serve us. SAGE Upstate provides training for providers.

So giving money helps us keep our doors open year after year, working to bring change for older LGBT people. But there's another way that giving is political. We all know that wealth is not distributed evenly in our society. Some have a lot, some have a little. Organizations like SAGE are able to take money from those who can give and redistribute it by offering programs that help all who need them.

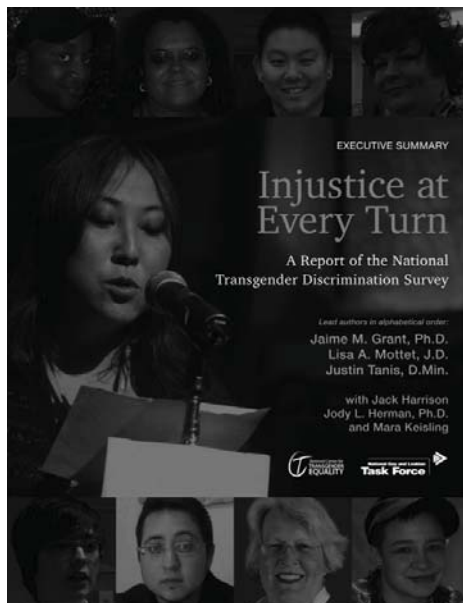
One final thought -- local giving is grassroots activism. When funding comes from a mainstream source, that source may define the problem and its solution. When funding comes from the people, then it's the people who do the defining. Moreover, if the people support local organizations, then they need not worry that a change in the funding source (like state budget cuts) will mean a change in what the community gets.

SAGE Upstate's annual appeal closes at the end of this month. Feeling political? Give what you can. If you believe that mainstream society doesn't offer enough for aging LGBT people, if you believe minds have to change before we get it right, and if you believe that SAGE Upstate is making a difference -- make a stand. Get political with your purse.

Hope to see you at an event sometime this month. --Kim

## National Transgender Discrimination Survey Report Released

Discrimination, poverty, and high suicide rates are among the challenges faced by transgender and gender non-conforming people, according to a new study released by the National Gay and Lesbian Task Force and the National Center for Transgender Equality. The report, entitled *Injustice at Every Turn*, found evidence of many types of discrimination, and notes that transgender people of color were the most affected.



Among school-age (K-12) transgender youth, 78% experienced harassment of some kind which led one-sixth to leave school. Trans adults faced twice the amount of unemployment as compared to the general population, and 90% reported being harassed at work. Some 16% said they had been forced to work in the underground economy (such as sex work or drugs) to survive.

Approximately one-fifth of respondents had experienced housing discrimination; the same percentage had been homeless at some point in their lives. More than half all respondents reported being verbally harassed in public accommodations including hotels, restaurants, busses, airports, and government agencies.

Refusal of care by health providers and/or facing doctors who were not medically competent to treat their issues led many respondents to postpone health care.

Despite the challenges faced, respondents demonstrated resilience in many ways. Respondents who faced high levels of harassment in school as youths were able to return as adults and get an education. More than three-fourths reported feeling comfortable at work and noticing an improvement in performance after transitioning, despite harassment they may have faced. Perseverance was also evident in that more than half of respondents who lost a job due to bias were currently employed, and 94% of those who were discriminated against in housing were currently being housed.

For a complete copy of this survey, visit [www.nctequality.org](http://www.nctequality.org), [www.the-taskforce.org](http://www.the-taskforce.org), or call SAGE Upstate.

### Full Time Program Coordinator Job Opening at Sage Upstate

**Responsibilities:** Develop, maintain, track, and oversee an average of 30 programs/month as well as raise funds to offset their costs. Specific duties:

- ▶ Coordinate and maintain current SAGE Upstate programs for older LGBT people
- ▶ Assess needs and develop new programs to address them
- ▶ Evaluate/build Buddy Network
- ▶ Maintain the drop-in center
- ▶ Conduct annual program evaluation
- ▶ Track participation in programs
- ▶ Coordinate volunteer contributions to programs; train/track/place volunteers
- ▶ Outreach related to programs: public speaking, writing press releases, posting to calendars, maintaining Facebook page
- ▶ Oversee the organization of special events designed to meet fundraising goals
- ▶ Secure funding from individuals, foundations, corporations to support programs

#### Qualifications

- ▶ 3 – 5 years experience in program management/development for older populations or related work; experience with fundraising or LGBT community a plus
- ▶ Bachelors Degree/related exp.
- ▶ Proficiency in the use of Microsoft Office, especially Word and Excel. Experience with Telosa Exceed Database program and/or Adobe InDesign desktop publishing program a plus.
- ▶ Ability to: work on multiple projects simultaneously; work with people of all backgrounds; problem-solve; be a leader; communicate effectively in writing and with public speaking

**Compensation:** Full-time salary with benefits; commensurate with qualifications and experience. **Applications:** Please send resume and 3 references by March 16 to Sage Upstate, PO Box 6271, Syracuse, NY 13217 Or [kdrill@sageupstate.org](mailto:kdrill@sageupstate.org)

# Coronary Heart Disease: Men and Women *by John Besaw, MSN, ANP-c*

Heart disease exceeds cancer for the leading cause of death in the United States. While breast cancer receives far more attention in the media, a woman is eight times more likely to die from heart disease than breast cancer. Men and African-Americans continue to die at higher rates at an earlier age than Caucasian women.

## What is Coronary Heart Disease?

Coronary Heart Disease (CAD) is a condition where plaque builds up in the coronary arteries which supply blood to the heart muscle. The slow build up can lead to the narrowing that causes chest pain called angina. A myocardial infarction (MI) or “heart attack” is the sudden blockage of the artery by a blood clot that forms within the plaque. Sudden death can occur from a fatal irregular heart rhythm that is not able to produce adequate blood flow.

## Prevention

Prevention of heart disease is in the modification of risk factors and lifestyle change.



- ▶ Healthy Diet
- ▶ Stop Smoking
- ▶ Control Hypertension
- ▶ Lower High Cholesterol
- ▶ Increased physical activity
- ▶ Weight loss
- ▶ Control Diabetes
- ▶ Alcohol use in moderation

As we age we all need to become more aware of our risk for developing heart disease. Women in particular, need to inform their healthcare provider, if they have a family history and have been experiencing any atypical symptoms. It may take some insistence to get a good cardiac evaluation, but be persistent!

*Sources: Hennenkens, C. H., (2010). Overview of Primary Prevention of heart disease and stroke. Retrieved Feb. 16, 2011 from <http://www.uptodate.com>; Ambrose, J. (2010). Heart Disease: Men Vs Women. Retrieved Feb 16, 2011 from <http://www.valleyhealthmag.com>*

## Men

**Could be Sudden:** Men are more likely to present to an ER with an acute myocardial infarction (heart attack) or sudden death, without previous symptoms.

**Typical symptoms:** Chest pain, vise-like, with pain radiating to jaw and down left arm. Sweating and a sense of impending doom.

**Don't ignore it.** Men are less likely to inform their healthcare provider that they are having symptoms, and treat it as indigestion or muscle pain associated with exercise or heavy work.

## Women

**More likely angina:** Present more often with angina, not acute myocardial infarction (heart attack), although when they do present with acute MI, mortality tends to be higher. Angina may feel like pressure or a squeezing pain in your chest. It may feel like indigestion. You may also feel pain in you shoulders, arm, neck, jaw, or back.

**Could happen later:** Present typically about ten years later than men. Estrogen may be protective.

**May be atypical:** Symptoms may include generalized weakness, shortness of breath, prolonged nausea, upper shoulder, and arm or neck discomfort. These signs may be unrecognized and therefore untreated.

**Could be misdiagnosed:** In an ER, women are less likely to get an EKG, cardiac consultation or be admitted to a coronary care unit than men.



HEALTHY AGING

## Ask Amelia . . .

Need advice? Got a question? Something troubling you? Ask Amelia! Introducing SAGE Upstate's answer to Dear Abby. Send your concerns about love, relationships, or other important matters to: Amelia, PO Box 6271, Syracuse, NY 13217 or [info@sageupstate.org](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 New Year's resolution was to get healthy and lose weight. I did well the first few weeks, but now I am back to my old weight and don't feel like exercising. I get so mad at myself!! Please help!  
Chubby

Dear Chubby.

You are not alone! 70% of people over 65 are overweight and diabetes affects senior citizens more than any other age group. Obesity and fitness will directly determine your life choices as you age. For example, if you can't support your obese body weight or get out of a chair because you are too weak to stand, you will need personal care, which is difficult and expensive to render at home. Options? - Nursing home care. Here are a few ideas to get you back on track. *Always check with your doctor before starting any diet or exercise program.*

Strive for five (aka eat 5 fruits and vegetables daily). Drink water. Determine what physical activity you like and start slowly. Avoid eating the "white stuff"- white flour, bread, sugar, rice and pasta. Get a buddy and the two of you can support each other. Determine a calorie target and write down what you eat. Include exercises that build muscles for strength. Keep track of your fitness workout. Weigh yourself on a regular basis. Check out recipes and fitness routines online. Have fun!

The solution to weight loss and getting fit is 4 words. Move more and eat less. Weight loss, body strength and maintenance are an ongoing process. Keep at it slowly and steadily and you will see results.

Good luck! --Amelia

## Bereavement Group to start on April 19

Are you grieving the death of someone in your life? Would you like to have a safe, supportive place to talk about it? The GLBT bereavement group will meet six consecutive Tuesday evenings at 7 pm in the Sage Upstate Center. The group will be therapist facilitated, free, and open to any GLBT person who is grieving. We will have the opportunity to speak openly about our grief, and support one another in beginning the healing process. The group will be co-facilitated by Geri Lynne Jackson, LMFT and Arlene Ahl, LCSW. Pre-registration required, call Arlene at 422-6828, ext. 9.

## SAGE Upstate 3rd Tuesday Movie Night March 15, 7 pm

**Mamma Mia: Karaoke Version.**



Bride-to-be Sophie discovers that her father may be one of three men she reads about in her mother's diary. She invites them all to the wedding and mayhem ensues, set to the beat of a bevy of ABBA tunes. Sing along! Popcorn and soft drinks provided.

**LGBT Affirming Recovery Resources:**  
**Wednesday Nights, 8 pm, First English Lutheran Church:** Boys In The Band AA Group (Gay Men's Meeting); 501 James St., Syracuse

**Sunday Nights, 7 pm, Women's Info:** Live and Let Live LGBT AA; 601 Allen St., Syracuse

**Alcoholics Anonymous**  
315-463-5011 [www.syaaa.org](http://www.syaaa.org)

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120 Julian Plaza, 315-446-9241

Empower, Deraux Branch  
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426-5726, empowerfcu.com

Syracuse University  
LGBT Resource Center  
443-3983

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

## Plymouth Congregational Church

Sunday services, 10 am, welcoming the  
LGBT community -- God is still listening.

232 E Onondaga St

Free parking across street.

Call Cindy for more info: 395-1720

## Vera House

Office: 315-425-0818

Domestic/Sexual Violence Hotline:

315-468-3260, 422-7273,

TTY: 484-7263

www.verahouse.org

## Sparky Town Restaurant

324 Burnet Ave.

Mon - Fri 11 - 8, Sat 8 - 3

Branch's Driving School  
478-2446

DriveWithBranchs.com

Cooperative Federal  
Credit Union

471-1116 www.coopfed.org

A WELCOMING  
ENVIRONMENT FOR ALL



Sam Basile teaches poker at SAGE Upstate daytime socials -- the next one will be held on March 17. Daytime Socials are held on the 2nd Friday at noon. Bring a sandwich to share. Soup and beverages provided.



# Loretto

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

Home & Community-Based Care • Senior Housing  
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For more information, call 469-1991 or visit [www.loretto-cny.org](http://www.loretto-cny.org)

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
	1 Common Bonds, 6	2 *SAGEWorks, 5:30 Knitting, 7	3	4 Men's Night Out, 6	5 6
7 Monday Men's Group, 6 Creative Writing, 5:30	8	9 Pastels, 5:30 *SAGEWorks, 5:30 Knitting, 7	10 Q Discussion, 7	11 Daytime: Poker & a Movie, noon Uzuri, 6:30	12 13 Second Sunday Potluck, 4
14 Monday Men's Group, 6 Creative Writing, 5:30	15 Potluck Committee, 5:30 3rd Tuesday Movie, 7	16 *SAGE-Works, 5:30 SAGE Upstate board, 5:30 Pastels, 5:30 Knitting, 7	17 Open Minds Mental Health Suppt. Group, 6	18 Men's Night Out, 6	19 Transpotluck, 5 20
21 Monday Men's Group, 6	22	23 *SAGE-Works, 5:30 *60+, 12:30 What Do Gay Men Want? 6 Pastels, 5:30 Knitting, 7	24 *Q Discussion, 7	25 Women's Social, 6	26 Karaoke, 6:30 27 *Oswego, 2 *Cayuga, 2
28 HERS Group for Women, 6 Monday Men's Group, 6	29	30 SAGEWorks, 5:30 What Do Gay Men Want? 6 Pastels, 5:30 Knitting, 7	31		

# MARCH 2011

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.

SAGE Upstate Members and Participants:  
Please provide us with your info!



Fill out a survey online at [www.sageupstate.org](http://www.sageupstate.org)

OR

Fill it out on paper  
(call for a hard copy)



JUST FILL IT OUT!

## MARCH 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: 3/23, 12:30 pm.** LGBTQ people age 60 and older meet for lunch. Call for location/details.

**Cayuga County Regional Network: 3/27, 2 pm** at Auburn Unitarian Universalist, 607 North Seward St, Auburn. Bring a dish to pass if you are able.

**Creative Writing Class:** The Art of Aging Creative Writing Class, 3-7, 3-14 at 5:30

**Common Bonds Group:** 3/1, 6 pm. Start of a group in which those interested can engage in discussion on how our community is diverse and also the things we have in common.

**Daytime Social:** Poker and a Movie Come join us for a poker game and/or a movie -- both will be going on in the center -- you choose! We'll have soups on hand -- everyone should bring a sandwich or two to share. 3/11 at noon.

**HERS Group for Women:** Mondays, 6 pm, starting 3-28. 6-week support/empowerment group for SAGE women; facilitated by Susan White, LMFT

**Karaoke:** Come join your SAGE friends on 3/26 at 6:30pm.

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

**Men's Night Out:** 1st and 3rd Fri 3/4 and 3/18, 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, 3/17, 6 - 8 pm. Info: 478-1923 or Vivian Chapellier, 315-475-1994. Co-sponsors: SAGE Upstate, Transitional Living Services

**Oswego Network:** 3/27, 2 pm, at Fallbrook, 103 Thompson Rd, Oswego. Bring a dish to pass if you are able.

**Pastels:** SAGE Upstate Art of Aging Pastels class; meets Wednesdays at 5:30 starting 3/9

**Q Discussion and Social Group:** 2nd Thu (3/10), 7 pm at SAGE Upstate, 4th Thu (3/24), 7 pm meets out in the community. Call for details.

**SAGE Upstate Board Meeting:** The SAGE Upstate Board will meet on 3/16 at 5:30pm.

**SAGEWorks Advanced Computing Classes: Wednesdays, 5:30pm.** 4th floor computer lab at the Onondaga County Central Library in the Galleries at 447 South Salina Street

**Second Sunday Potluck:** Sunday, 3/13, 4:00. Take Control of Your Health with tips from Aaron and Tara Lambert from Nutritional Wellness Center. Social: 4, Program: 5, Dinner: 6

**Second Sunday Potluck Committee:** Tuesday, 3/15, 5:30 pm. Bring your energy and ideas -- all are welcome.

**3rd Tuesday Movie Night:** 3/15, 7. *Mamma Mia: Karaoke Version.* Popcorn/soda served.

**Transpotluck:** SAGE potluck for trans people as they age. 3/19, 5pm. Bring a dish to pass if you are able.

**Uzuri:** 2nd Fri 3/11, 6:30. Social group for aging LGBTQ People of Color. Drumming and hand instruments -- drum circle, bring your own or make a hand instrument with us.

**What Do Gay Men Want?** Wednesdays at 6 starting 3/23. Empowerment/Support Group for SAGE men facilitated by David Bullard, LMSW

**Women's Social:** Fri, 3/25, 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 accessi-

bility 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).

## Uzuri Events March - June

*Uzuri is a SAGE Upstate social and support group for aging LGBT People of Color. Unless otherwise noted, meetings take place in the SAGE Upstate Center, 6:30 pm, on the 2nd Friday of each month.*

### March 11: Drumming Circle

Bring your own drums or make hand instruments with the group.

### April 8: Uzuri goes to the Theatre

Mona de Vestel will present her one-woman show.

### May 13: Photo/Media Event

Come for a photographic odyssey with professional photographer Ellen Blalock

### June 10: An Uzuri Open House

Entertainment, games, potluck . This event is open to everyone, so bring your friends, lovers, coworkers. All Sagers welcome.

## AROUND TOWN

▼ **ArtRage Gallery (505 Hawley Ave)** presents **100 Years of Women Rockin' The World**, March 5 - April 23. The exhibit features 34 women artists and coincides with a dozen or more events, including a women's film festival, poetry readings, a one-woman show, a staged play reading, and a benefit concert at May Memorial UU on March 12. The exhibit includes 9 local artists and others from around the country who are activists expressing a range of issues, including hunger, war, children, the status of women, the environment, and human rights. For more info: 218-5711 or [www.artragegallery.org](http://www.artragegallery.org).

▼ **August Wilson's Radio Golf** will run through March 13 at **Syracuse Stage**. The play is the story of a man striving to become the first African American Mayor of Pittsburgh, weighing the importance of family, legacy, heritage, and history against the truth of his political and class ambitions. For more info/tickets: 443-3275 or [www.SyracuseStage.org](http://www.SyracuseStage.org)

▼ **Rarely Done Productions** will present **The Marvelous Wonderettes** April 1 - 23. We meet the Wonderettes at the 1958 Springfield High School Prom -- four girls with hopes and dreams as big as their crinoline skirts. The play also features performances of classic '50s and '60s songs. For more info/tickets: 546-3224 or [www.rarelydone.org](http://www.rarelydone.org)

## Internet Resources

**National LGBT Cancer Network:** working to improve the lives of cancer survivors with education, training of providers, and advocacy for LGBT people dealing with mainstream institutions and organizations.

[www.cancer-network.org](http://www.cancer-network.org)

### CNY Medical Supply:

a part of the St. Joseph's Hospital Network, this site offers medical supplies that can be delivered to you. Use "SAGE" as the coupon code and get a 10% discount.

[www.cnymedicalsupply.com](http://www.cnymedicalsupply.com)

## LGBT EQUALITY & JUSTICE DAY

ALBANY, NEW YORK MONDAY, MAY 9, 2011

Join activists from around the state in Albany to call for equality and justice for LGBT New Yorkers. The event will include meetings with legislators, a rally, workshops, and caucuses.

**To Register:** [www.prideagenda.org](http://www.prideagenda.org) or 518-472-3330

Early bird rates are in effect through 3/18

Scholarships are available -- contact Kim Dill at 478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org).

### SAGE Upstate is organizing a group

If you would like to travel with other SAGE people, please contact Kim Dill after you've registered.

EMPIRE STATE  
PRIDE AGENDA



# WELLNESS PAGE

## Fun with fruits, veggies, whole grain & dairy

*It's National Nutrition Month® and we've got some tips on how to include more good things in your diet. The American Dietetic Association recommends a healthy eating plan for older adults that emphasizes fruits, vegetables, whole grains, low-fat/fat-free milk, and dairy products. The ADA also suggests these fun tips. Bon appetit!*

**1. Put 'em on pizza.** A great way to get a variety of veggies. Try broccoli, spinach, green peppers, tomatoes, mushrooms, zucchini.

**2. Fruit can be saucy.** Puree berries, apples, peaches, pears for a thick, sweet sauce for grilled or broiled seafood or poultry. Try it on pancakes, french toast or waffles too.

**3. Start your day smoothly.** Mix up a breakfast smoothie with low-fat milk, frozen strawberries and a banana.

**4. Liven up left-overs.** Heat leftover whole-grain rice with chopped apple, nuts, and cinnamon.

**5. Wrap it up.** Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.

**6. You can still crunch,** but try veggies instead of chips in your favorite dip or low-fat salad dressing.

**7. One word: kabobs.** Who can say kabob without feeling fun? Grill colorful kabobs packed with tomatoes, green/red peppers, mushroom, onions.

**8. Banana Splits? How did this make a healthy foods list?** By using low-fat frozen yogurt -- serve on sliced banana; sprinkle with chopped nuts.

**9. Add color** to salads with baby carrots, grape tomatoes, spinach leaves, or mandarin oranges.

**10. Change up the oatmeal** by serving with low-fat or fat-free milk instead of water. Top with cranberries and almonds.

**11. Stuff it,** an omelet that is, with vegetables. An omelet becomes a hearty meal when you add broccoli, squash, carrots, peppers, tomatoes, onions, and low-fat cheddar cheese.

**12. Sandwich makeover.** Try adding sliced apples, pineapples, peppers, cucumbers and tomato as sandwich filler.

**13. What's breakfast without fruit?** Don't find out -- make a habit of adding fruit to your morning oatmeal, cereal, yogurt, or waffle.

**14. Be prepared.** Stock your refrigerator with cleaned, fresh, and ready-to-eat raw veggies and fruits.

**15. Top this.** Top a baked potato with beans and salsa or broccoli and low-fat cheese.

**16. Need a snack?** Microwave a cup of tomato or vegetable soup to get you through the afternoon hungries.

**17. Grate suggestion.** Add grated, shredded, or chopped vegetables like zucchini, spinach, carrots to lasagna, meat loaf, mashed potatoes, pasta sauce, rice dishes.

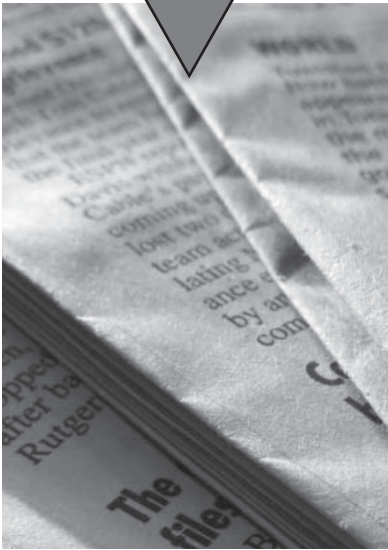
**18. Stuff it again.** This time a pita, with ricotta cheese and Granny Smith apple slices -- add a dash of cinnamon.

**19. Promote the salad** to main course. Serve a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soy beans). Top with low-fat dressing.

**20. Popcorn is a whole grain.** Did you know this? Try the recipe on the next page for a healthy snack.

*Health and Wellness Page Source: The American Dietetic Association ([www.eatright.org](http://www.eatright.org))*

# NEWS BITS



**Chik-Fil-A came out** last month as anti-LGBT. The Win-Shape Foundation, the restaurant chain's charitable arm, has been actively fighting against marriage equality. When the news came to light, Chik-Fil-A posted a message on their web site stressing that they treat everyone with respect. However, when pressed for an answer about WinShape's retreat center, a representative admitted that it is not open to "homosexual couples."

**Smile -- it's good for you!** Positive emotions may protect us against stress, pain, and illness, according to a study recently published in the journal of the American Psychological Association. Cornell University researchers found that happier people make healthier choices related to exercise, getting rest, and also avoid smoking and risky sex. They argue that optimism counters stress, a risk factor for many diseases.

**Uganda struggles continue.** David Kato, an LGBT rights activist in Uganda, was found murdered in January after his name was included in a newspaper article calling for gay people to be killed. At the same time, Ugandan lesbian Brenda Namigadde was granted asylum in the UK just hours before she was to be deported back to the country where she feared she too would be killed. Ugandan officials have said that Namigadde will be safe in their country as long as she "repents." Uganda has also been debating a gay execution bill.

**Thanks, Jack.** Fitness pioneer Jack LaLane passed in January at 96. Thanks to his efforts, we started learning as early as the 1950s what would be taken for granted at the turn of the century -- aging healthy demands exercise. When he started, most folks were smoking, eating fatty foods and getting more sedentary. When doctors were telling older adults to stop exercising, Jack disagreed. About 50 years later, numerous studies showed what Jack knew all the time: exercise helps us age well, mentally and physically.

**Hospice Foundation addresses LGBT issues:** "Aging and End-Of-Life Challenges in the LGBT Community" was released last month by the American Hospice Foundation. The campaign includes a webinar geared toward organizations serving aging populations and other resources available at [www.hospicefoundation.org](http://www.hospicefoundation.org).

**LGBT White House Appointments:** President Obama last month appointed 3 members of the LGBT community to administration posts. Roberta Achtenberg, co-founder of the National Center for Lesbian Rights and a housing official under President Clinton, was named for a seat on the US Commission on Civil Rights. J. Paul Oetken, an attorney with Lambda Legal and the LGBT project of the ACLU, was nominated for a seat on the Southern District of New York Federal Bench. Jeffery Levi, former National Gay and Lesbian Task Force leader, was appointed to the Advisory Group on Prevention, Health Promotion, and Integrative Public Health.

**Popcorn Delight:** As suggested in health tips, p 10. Makes 1 serving.

- 3 cups popped fat-free unsalted popcorn
- 1 tablespoon sliced almonds
- 2 tablespoons raisins or other dried fruit (cranberries, apricots, dates)
- 1/2 teaspoon ground cinnamon
- 1 teaspoon sugar

In a medium bowl, combine the ingredients and toss well.

Calories: 230  
Fat: 7 g  
Saturated fat: 1 g  
Carbohydrates: 39 g  
Fiber: 6 g  
Protein 6 g  
Sodium 274 mg

**Ohio Gov Drops the T.** Governor John Kasich let an executive order expire that protected LGBT state employees from discrimination. That's bad enough, but when he reinstated it, he left out the T with no explanation. Now LGB state employees are protected once again, but not trans folks.



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