

Improving Longevity in March: Brain Health, Physical Fitness

Sage Upstate's Improving Longevity Series finishes up in March with presentations by the Vitality! Program through the Institute for Human Performance at SUNY Upstate and by the Alzheimer's Association of CNY.

On March 11th Exercise Physiologist Anne Bowdoin from the Vitality! program will talk about ways that exercise can help to improve our longevity. On March 25th a representative from the Alzheimer's Association of CNY will present the Association's "Maintain your Brain" program, which focuses on ways that we can maintain the health of our brains through diet and mental exercise (see the Health and Wellness Page in this issue for more information).

Both presentations will be held at 6:00 at the Sage Upstate Center. Participants should register in advance by calling 478-1923 or e-mailing elliott@sageupstate.org.

Second Sunday Potluck: March 9, 4:30 pm

Long Term Care

Susan Suben, of Long Term Care Associates, Inc., will discuss Long-Term Care insurance, including how to plan for your future, how to pay for long term care, and the benefits/shortcomings of various types of insurance.

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

Sage To Start Peer Discussion Group For Older Transgender People

As part of Sage Upstate's "10+ Together" outreach campaign, a peer discussion group for transgender individuals will be launched this month. The campaign, which is funded in part by the Gifford Foundation, emphasizes that our organization has been around for "10+" years and that we are moving forward, working together with the help of a strong community.

Forrest Antrum, Melissa Clark, and Rob Pusch will co-facilitate the group, which will meet for the first time on Tuesday, March 18, 6:30 pm, in the Sage Upstate Center. The group will be focused on older and aging transgender people, but there is no age limit for participation (as is the case with all Sage Upstate programs). It is possible that the group will have breakout sessions for women and men.

"Even though I am active in the LGBT community here," said Mr. Pusch, "I have also found being transgender person in Syracuse as being a bit isolating." He adds that the group will bring people together who can relate to each other's experiences.

"Join us to express yourself," says Mr. Antrum. "Forget fitting into a box, because to do so is not required," he said. The 10+ Together campaign includes outreach to rural communities, people age 60 and older, and people of color. For more information or to register, please contact Carrie Elliott at 315-478-1923 or elliott@sageupstate.org.

IN THIS ISSUE...

- ▼ GENDA campaign 3
- ▼ Sage Upstate Calendar 4-5
- ▼ Health & Wellness Page: Brain Health 8

Join Sage Upstate at the
LGBT Senior Issues Summit
in Albany, April 28 See page 3

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

▼ The **First English Lutheran Church** is holding a **Potluck Dinner** on Thursday, March 13, 6 pm. Associate Pastor Paula Hughson says everyone is welcome, and she would love to see some Sage folks. Invitations posted around the church (in which the Sage offices are located) reach out to people in the neighborhood, people from the suburbs, people in the congregation and those who are not members -- everyone! Participants are asked to bring a dish to pass if they are able.

▼ On Monday, March 3rd, the **Syracuse Gay and Lesbian Chorus** will throw a pizza party at Plymouth Congregational, 232 E. Onondaga St, Syracuse at 7 pm. The event is a kickoff for the 2008 Pride season -- those interested in becoming new members are welcome. March 10th marks the start of rehearsals for the Pride concert. For more information, contact the Chorus at (315) 476-4329 or www.syrglc.org.

▼ Upcoming artists to be featured at the **Women's Info Center**, 601 Allen St., include: Jessica Matt (local graduate of Nottingham High School), showing her anatomical black and white images and other photos through March 14 ; Sera Brown, showing her political photographs March 14 - April 11. The exhibits can be viewed every Friday night from 6 - 8 pm. For more information: 315-478-4636.

▼ The **Friends of Dorothy House Dinner** is held on the +last Wednesday of each month, 5 pm, at St. Vincent's School on Winton St. in Syracuse (this month on 3/26). Donations (which can range from \$0 to \$1 million) benefit Dorothy House, which provides hospice care for people with HIV and AIDS who have no other place to go.

▼ This month's episode of *In The Life*, the LGBT news program on PBS, "Voices of Sisterhood," celebrates Women's History Month with stories honoring LGBT women around the world. The show, which airs Sunday, March 23 at 11 pm, looks at: a group of brave women in the Philippines demanding visibility and change; Margarita Sanchez protesting homophobic laws in Puerto Rico; Lisa Moore giving voice to African-American gay men and lesbians through the written word; Olivia Records, founded in 1973 as a musical venture for lesbians and feminists; and Ann Bannon, who in the 50's and 60's wrote a series of lesbian pulp novels, including *Odd Girl Out* and *Beebo Brinker*.

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

Clista "C" Hume Passes

Clista Hume, known as "C" to some of her Sage friends, died in late February. She was a member of Sage Upstate from the beginning, participating regularly until the time of her stroke a few years back. Even after her stroke Clista attended dances, potlucks, and other events though not as often. She was very interested in local LGBT history and participated in Sage Upstate's Oral History Project. Clista loved her dog, "Louie," and animals in general, and after she retired she was a pet sitter for many friends. She had lots of friends in Sage and the Syracuse LGBT Chorus where she was a singing member for several years. Clista's family is collecting donations for an animal rescue organization that she supported. If you would like to contribute, send checks made out to Beth Workman, her daughter, and mail them to Sage Upstate, PO Box 6271, Syracuse, NY 13217. Clista will be missed by everyone at Sage and we extend our deepest sympathies to her family at this time.

Gender Expression Non-Discrimination Act Campaign

In January, Sage Upstate Program Coordinator Carrie Elliott visited NYC to attend a meeting of the GENDA (Gender Expression Non-Discrimination Act) Coalition, organized by the Empire State Pride Agenda. The coalition, which consists of organizations that serve LGBT individuals from around the state, has been formed with the goal of getting the GENDA legislation on the floor of the New York Assembly before the end of this legislative session.

The GENDA legislation, if passed, would offer protections based on gender identity and expression in employment, housing, credit, public accommodations, and other areas of everyday life. Over the next few months Sage will work with the Rainbow Alliance of CNY to provide information to our members on the GENDA legislation and how you can help work to get the legislation passed.

If you would like to be a part of this effort, contact Carrie at 315-478-1923, or celliott@sageupstate.org. For more information about the GENDA legislation check out the Empire State Pride Agenda's website, www.prideagenda.org, and look under transgender.

Do you have an idea for the Sage Upstate Pride Float theme?

Contact us: 315-478-1923; kdill@sageupstate.org

Make Your Voice Heard!



New York State LGBT Senior Issues Summit/ Equality & Justice Day

April 28 & 29 in Albany

Why Is It Important?

Professionals working with aging populations need to know about needs within our community. Your legislator needs to know about your life, your family, your issues. We are strong when we unite!

LGBT Senior Issues Summit

Join Sagers and others from around the state on Monday 4/28. Learn more about issues affecting LGBT people as they age and about legislative issues facing our community. The New York State Office for Aging will hold a town meeting to hear from you about the concerns and issues facing our community.

Equality & Justice Day

On Tuesday 4/29, meet with your legislators in their Albany offices for this statewide advocacy event organized by the Empire State Pride Agenda that brings more than 1,000 LGBT folks to the Capitol.

Lodging Provided To All Registrants

Your \$30 enrollment fee includes lodging and registration for both the Summit and E & J Day. Sage Upstate and other NY organizations serving LGBT seniors have reserved a block of hotel rooms for Monday 4/28.

Car-Pooling and Busses will be available

The summit will start mid-day on Monday, so car-pools and busses will leave Monday morning. Both the summit and E & J Day are within walking distance of the hotel. Busses and car-pools will head back to CNY at 5:00 pm on Tuesday.

To Register: Contact Kim Dill at (315) 478-1923 or kdill@sageupstate.org for more information or to have registration materials sent to you.

Sage Upstate Calendar: March 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 celliot@sageupstate.org.

60+ Circle of Friends: 2nd & 4th Wednesday. A social group for people 60 and older. On the 2nd Tuesday (3/12), the group meets at Sage Upstate Center, 3pm. On the 4th Tuesday (3/26), the group meets out for lunch - this month, meet at Sparkytown, 324 Burnett, at 1 pm.

Auditioning Classes: Sam Basile's Auditioning Classes continue on Monday nights, 6 pm (3/3, 3/10, 3/17).

Coming Out Later In Life: 1st & 3rd Thursdays (3/6, 3/20), 7 pm. Peer led discussion group; members share experiences, find connections & support.

Guitar Group: 1st & 3rd Thursday (3/6, 3/20) 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 (3/5, 3/19), 6 pm. Facilitated by Susan White, MA. This group explores aging issues among lesbian, bisexual, and transgender women. Please register in advance.

Improving Longevity Series: On 3/4, a presentation from SUNY Upstate's Vitality! Program (3/4) on physical fitness. On 3/18, a "Maintain Your Brain" presentation by the Alzheimer's Association of CNY. Sessions run from 6-7:30. Please register in advance.

Knitting Circle: Meets every Wednesday 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 (3/12, 3/26), 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, (3/7, 3/21) 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.

Odd Tuesday Game and Gather: A chance to gather socially with friends from Sage for games, snacks, and friendly conversation. Odd Tuesdays (3/11, 3/25) at 1pm.

Rainbow Alliance of Central New York: Thursday, March 20, 5 pm. Meeting of 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: Saturday, March 29th 6pm, Access to Independence Center, 22 N Main St, Cortland.

Jefferson Network: Sunday, March 2, All Souls Unitarian Universalist Church, 1330 Gotham St, Watertown, 1:30pm.

Oneida Network: Friday, March 14th, That Place, 216 Bleeker St, Utica, 7pm,

Oswego Network: Sunday, March 30th, 2pm, St James Episcopal Church, 24 Lake St, Pulaski.

Sage Board Meets: Wednesday, March 12, 5:15 pm.

Second Sunday Potluck -- Long Term Care Planning: 4:30 Sunday, March 9. Susan Seuben of Long Term Care Planning Associates, Inc. will discuss long term care planning and long term care insurance. Bring a main dish, side dish, or dessert 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, March 10, 5 pm.

Transgender Support Group: Sage's Transgender Group meets the 3rd Tuesday of the month (3/18) at 6:30. Peer support group for older and aging Trans people.

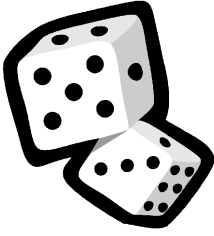
Uzuri: March 14th, 6:30 pm. This month's meeting theme is Game Night (Alright!).

Volunteer Night: Join us on Thursday, March 27, 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 (3/28) at 6:30 pm. Enjoy coffee, soft drinks, pizza, games, movies and socializing with other Sage women.

Working OUT Yoga classes continue on Saturdays in March, at 10:30. Please register in advance.

Are you free during the day and looking for something different to do? Join us for ...



Odd Tuesday game & gather

1:00 - 4:00 pm, Sage Upstate Center, 501 James St.
Held on "Odd" Tuesdays: dates with odd numbers
This Month: March 11 & 25

Visit with friends in the Sage Upstate Center
Check out a book from our LGBT library

Play a favorite game or learn a new one
Access the Internet on the center computer

Snacks and soft drinks available. For more information or to have a phone reminder the day before each gathering call Carrie Elliott at Sage Upstate (478-1923).

60+ Circle of Friends

The Sage Upstate 60+ Circle of Friends continues in March on the 2nd and 4th Wednesday. On the 2nd Wednesday (3/12), the group will meet at 3 pm in the Sage Upstate Center. On the 4th Wednesday (3/26), the group will meet out at a restaurant each month for lunch. This month, meet at Sparkytown, 324 Burnet, at 1 pm. If you are age 60 or older and would enjoy sharing time with other LGBT people of your own age with mutual concerns and interests, please attend. If you would like more information about the group, please contact Carrie Elliott at 315-478-1923 or elliott@sageupstate.org.

Regional Networks

All of Sage's Regional Networks will be meeting in March, but they won't all be meeting on their usual dates.

The **Cortland Network** will meet on Saturday, March 29th at 6pm at the Access to Independence Center in Cortland. The **Jefferson Network** will meet Sunday, March 2 at The All Souls Unitarian Universalist Church at 1:30 pm for board games and conversation. The group also meets April 6th at the church for a discussion on alternative approaches to good health. The **Oneida Network** meets on Friday, March 14th, 7pm, at That Place in Utica. Bring a dish to pass, drinks can be purchased at the bar. The **Oswego Network** meets this month on Sunday, March 30th, 2pm, at St James Episcopal Church, in Pulaski. Come share food and make new friends.

We Need You! Volunteer With Sage

If you are interested in any of the following volunteer opportunities, please contact Carrie Elliott at 315-478-1923 or elliott@sageupstate.org.

- ▼ **Compiling resource materials:** Help us to identify resources and enter them into a data base to create a resource list for seniors and LGBT people.
- ▼ **In your County:** Volunteer to help with Sage groups in Cortland, Jefferson, Oneida, and Oswego counties, or to help us start groups in Cayuga or Madison counties.
- ▼ **For the Newsletter:** Help mail out the newsletter on Thursday, 3/27, or drop off newsletters at locations that are convenient for you.
- ▼ **Potlucks:** help with set-up/clean-up or as a greeter.
- ▼ **In the Center:** Volunteer a few hours each week on phones and greeting visitors.

UZURI

March 14th: Game Night (Alright!)

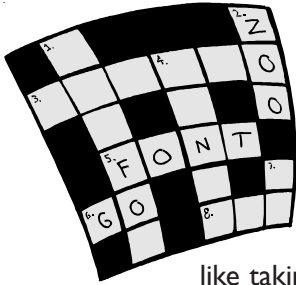
Bring yourself, a friend, and a favorite game, and join us here at Sage Upstate for a night of fun and games.

Uzuri is a Sage Upstate group for LGBT People of Color which Meets 2nd Fridays at 6:30 - 8:30 pm
@ Sage Upstate Center

Health & Wellness Page

Brain Health

When people think about staying fit, they generally think from the neck down. But the health of your brain plays a critical role in almost everything you do: thinking, feeling, remembering, working, and playing – even sleeping. The good news is that we now know there's a lot you can do to help keep your brain healthier as you age. These steps -- provided by the Alzheimer's Association -- might also reduce your risk of Alzheimer's disease or other dementia.



Stay Mentally Alert

Research has found that keeping the brain active seems to increase its vitality and may build brain cells and connections. You don't have to make extreme changes -- start small,

like taking a daily walk. Then add other small changes. Keep your brain active every day.

Stay Socially and Physically Active

In a study of 800 people aged 75+, those who were more physically active, more mentally active or more socially engaged had a lower risk for developing dementia (those who combined activities did better). Sports, cultural activities, emotional support and close personal relationships have also been found to have a protective effect against dementia. Evidence shows that exercise does not have to be strenuous or even require a major time commitment. It just needs to be done regularly.



Adopt a Brain-Healthy Diet

Adopt a diet that reduces the risk of heart disease and diabetes, encourages good blood flow to the brain, and is low in fat and cholesterol. A study of 1,500 adults found that those who were obese in middle age were twice as likely to develop dementia in later life. Those with high cholesterol and high blood pressure had six times the risk of dementia. Adopt an overall food lifestyle, rather than a short-term diet, and eat in moderation.

Maintain Your Brain® Workshop @ Sage

On March 18, 6 pm, the Alzheimer's Association will present a workshop on what you can do to keep your brain healthy and help reduce the risk of getting Alzheimer's disease. This session will feature nutritional and lifestyle advice, strategies to keep your memory sharp, interactive exercises and activities, and materials to take home for further reading. To enroll, please contact Carrie Elliott at 315-478-1923 or celliott@sageupstate.org. The workshop is part of the Improving Longevity series which is made possible by a grant through the Onondaga County Department of Aging and Youth.

Brain Health Tips

- ▶ Stay curious -- commit to lifelong learning, enroll in classes and workshops
- ▶ Read, write, work crosswords and other puzzles, play games
- ▶ Try memory exercises
- ▶ Stay active in the workplace
- ▶ Volunteer
- ▶ Join clubs or groups
- ▶ Try regular aerobic exercise
- ▶ Walk, bicycle, garden, do tai chi, yoga and other activities of about 30 minutes daily
- ▶ Avoid food high in fat and cholesterol
- ▶ Eat more dark-skinned fruits/vegetables (spinach, brussels sprouts, broccoli, beets, red bell pepper, onion, corn, eggplant, prunes, raisins, berries, plums, oranges, red grapes, cherries)
- ▶ Increase intake of cold water fish, almonds, pecans, walnuts.



Health and Wellness Page Source: Alzheimer's Association (www.alz.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.