

Get Screened for Colorectal Cancer

An estimated 148,810 people will be diagnosed this year with colorectal cancer, or cancer of the colon or rectum. It is equally common in men and women. It is one of the most preventable cancers, because it develops from polyps that can be removed before they become cancerous. March is National Colorectal Cancer Awareness month – find out more about how to protect yourself with this information from the Prevent Cancer Foundation.

Who is at risk?

People who are age 50 or older are at risk, as are people who use tobacco, are obese and are sedentary. Also at risk are those with the personal or family history of colorectal cancer, benign (not cancerous) colorectal polyps, or inflammatory bowel disease (such as long-standing ulcerative colitis or Crohn's disease).

How to reduce risk



- Be physically active and exercise regularly
- Maintain a healthy weight
- Consume calcium-rich foods like low-fat or skim milk
- Limit red meat and avoid processed meats
- Don't smoke
- Don't drink alcohol excessively
- Eat a high-fiber diet rich in fruits, vegetables, nuts, beans and whole grains



Screening

If you are at average risk for colorectal cancer, start having regular screening at 50. If you are at greater risk, you may need to begin regular screening at an earlier age. The best time to get screened is before any symptoms appear.

Information on the Health and Wellness Page is meant to supplement, not replace, the care of a professional health care provider. Always talk to your doctor first about health concerns. **Health Page Source:** Prevent Cancer Foundation (www.preventcancer.org)

Myths and Realities

MYTH: There is nothing I can do about it.

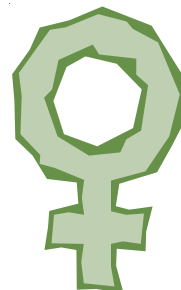
REALITY: Colorectal cancer can be prevented. Screening tests can detect polyps that can turn into cancer. Removing these polyps can prevent colorectal cancer from ever occurring. Starting at age 50, men and women should be screened regularly for colorectal cancer. New research shows that African Americans should begin screening at age 45. Men and women who are at high risk of the disease may need to be tested earlier.

MYTH: It is usually fatal.

REALITY: Colorectal cancer is usually curable when detected early. More than 90 percent of patients with localized colorectal cancer confined to the colon or rectum are alive five years after diagnosis.

MYTH: Screening tests are necessary only for individuals who have symptoms.

REALITY: Since symptoms are often silent, it is important to get screened regularly. Screenings test for a disease even if the patient has no symptoms. About 75 percent of all new cases of colorectal cancer occur in individuals with no known risk factors for the disease, other than being 50 or older. If you have a personal or family history of colorectal cancer, polyps or inflammatory bowel disease you may need to be screened before age 50. Talk with your health care professional.



MYTH: It is a disease of older, white men.

REALITY: An equal number of women and men get colorectal cancer. An estimated 75,810 women and 72,800 men were diagnosed with colorectal cancer in 2006. African Americans are more likely to be diagnosed with colorectal cancer at later

stages of the disease, and at a younger age.



Second Sunday Potluck: March 8, 4:30 Make Your Voice Heard: LGBT Issues in NY State

Sheila Sabel from the Empire State Pride Agenda will speak on issues moving through the NY State legislature, and how you can help. Sage members discuss their experiences at the Pride Agenda's statewide advocacy day.



2nd Sunday Potlucks are held every month, 4:30 pm, First English Lutheran Church, 501 James St. (corner of Townsend and James).

Next Month, it's the 3rd Sunday!

Our monthly potluck in April, which is Sage Upstate's Annual Meeting, will move to Sunday April 19. The second Sunday in April is Easter.



Over 60 At Town Hall Meeting

Story tellers Forrest Antrum (pictured above) and Akosua kicked off last month's Town Hall Meeting coordinated by the Empire State Pride Agenda and sponsored by the Rainbow Alliance of CNY, held at the First English Lutheran Church. Pride Agenda staffers Ejay Peters and Sheila Sabel provided information on the legislative landscape and encouraged people to get involved by visiting to legislators, writing letters, and attending Equality and Justice Day in April. If you missed this event you can still get the scoop at this month's potluck (see box at left). The Syracuse Gay and Lesbian Chorus also performed at the event (picture inside).

Cayuga County Sage Group Forming

This month Sage Upstate will launch a Cayuga County Regional network group, on March 22, 2 pm, at the Unitarian Universalist Church (607 N Seward Ave, Auburn). Late last year Sage conducted a needs assessment survey in each of the counties we serve outside of Onondaga County. Cayuga Sagers responded enthusiastically that they were ready for a Regional Network group of their own.

Sage members Roger Case and Dick Cowell have volunteered to facilitate the group. At our first meeting we will brainstorm ideas for future meetings and get to know one another. Food will be provided.

see "Cayuga," p 3

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

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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, the Onondaga County Department of Aging and Youth, and the New York State Office for the Aging.

Sage Upstate presents a wide variety of programs that may entertain as well as provide information and 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 presentation, and should in no way be considered a recommendation or endorsement by Sage Upstate.

▼ On Tuesday, March 24, Syracuse University will host **"HIV/AIDS & the Queer Community in Central New York,"** a panel discussion at 8 pm in the Hall of Languages, Room 207. The session will include information about the history of HIV/AIDS activism in the Central New York community. Panelists will offer a look back at the impact of HIV/AIDS in our community, and the people and organizations that came together to respond to the epidemic. The discussion is part of *HIV/AIDS and the Queer Community*, a series that is being offered by the SU LGBT Resource Center, Syracuse University Health Services, the Chancellor's Feinstone Grant for Multicultural Initiatives, the Onondaga County Department of Health, AIDS Community Resources and the newly formed student group OrangeAID. For more information, call (315) 443-3983.

▼ On Saturday March 14, the Empire State Pride Agenda will host a **Community Ambassador Training** for the Syracuse and Ithaca areas at The Beard Building, 9 Main St, in Cortland, NY. The event will be a multi-issue, full day training that focuses on using "Your Story" as a skill for LGBT advocacy and outreach to legislators, friends, family, co-workers and faith communities. LGBT individuals and allies are welcome to attend. A light breakfast and a hearty lunch will be provided. To register, please contact Ejay Peters, Transgender Rights Program Organizer, at (518) 472-3330 ext 306 or epeters@prideagenda.org by March 11.

▼ The **Lifelong Learning Institute at the Syracuse University Gerontology Center** is offering short courses specifically designed for people over 50. Each class balances academic pursuits with a community service project. The goal is learning for learning's sake; there are no credits, and no grades. Students enjoy a wide variety of activities, reading, and writing. Classes meet at different times and locations throughout the spring for a total of 16 contact hours. Almost all have free, convenient parking and accessible facilities. Learn more by visiting <http://maxwell.syr.edu/cpr/gerontology>. Classes (first course: \$115, second course, \$110) offered for Spring 2009 include:

- Listening and Loving Jazz*
- WHAT? I can't hear you! A short course on hearing*
- Seeing the Light: Theory and Practice of Photography*
- Introduction to Jewish Art*
- ART NOW in the Museums and Galleries of Syracuse*
- Shakespeare for the Ages*
- Lifewriting*
- Exploring Memoirs*
- The Universe: From Beginning to End*
- Polar Heroes in Print and Film*

Sage Upstate Staff Visit Albany for Advocacy, Education, Assessment

Last month, Sage Upstate Executive Director Kim Dill and Program Coordinator Carrie Elliott traveled to the Capital City for a gathering of the New York State LGBT Health and Human Services Network. Sage Upstate is a member of the Network, a coalition of 54 groups across New York State offering service to LGBT people.

On the first day, Network organizations met with legislators to let them know about their work and the needs of LGBT New Yorkers. Staff from the Empire State Pride Agenda, which coordinates the Network, asked legislators for funding that will ensure that needed services are continued.

On the second day, a technical assistance conference was held on cultural competency. Network organizations worked to develop standard cultural competency training modules to use across the state. The Network Senior Issues Committee, which has developed a training for providers which addresses the needs of LGBT seniors, presented their work as a model for other organizations to replicate.

Finally, while in Albany Sage Upstate staffers and others met with Somjen Fraser, who has been contracted by the Pride Agenda to do a statewide needs assessment of the LGBT community. Ms. Fraser was gathering information for the survey she is putting together, to be distributed next month. The goal is to survey 2,000 New Yorkers. Data gained will be used to enhance services, develop programs, and secure funding for LGBT community organizations (*See box below*).



We Are Close to Annual Appeal Goal of \$10,000!

As we were preparing this issue of *Sage Upstate News*, donations for our Annual Appeal were still coming in. We will publish our final total in next month's newsletter. As of the last week of February, we had raised more than \$9,000, bringing us very close to our goal of \$10,000. Grant funding in general is uncertain -- it can come and go. Individual donors supply a source of funding that is more stable. Their donations also communicate to funders and others that the organization is supported and needed in the community. Funds will be used for programs, including a seven-county education campaign and the launch of a "Buddy Network." Thank you to everyone who contributed to this campaign.

New York State LGBT Community Needs Assessment

First 2 Weeks of April, 2009

Surveys will be available online and hard copies to fill out by hand will be available through Sage Upstate. Be sure to be counted -- respond to this very important campaign and have your concerns recorded with other LGBT people around the state.

Details available in the next Sage Upstate News.

LGBT Affirming Recovery Resources:

Monday Nights, 7 pm, Women's Info, 601 Allen Street in Syracuse: Monday Night Pride LGBT Al-Anon Meeting. Open to All
Wednesday Nights, 8 pm, First English Lutheran, 501 James St., Syracuse: Boys In The Band AA Group (Gay Men's Meeting)
Sunday Nights, 7 pm, Women's Info, 601 Allen St., Syracuse: Live and Let Live LGBT AA

For more info: Alcoholics Anonymous:
315-463-5011 www.syaaa.org

Would you like to nominate someone (or yourself) for the Sage Upstate Board?

Sage Upstate is now taking nominations for the board of directors. Please send your suggestions to the Sage Upstate office (PO Box 6271, Syracuse 13217; 315-478-1923; kdill@sageupstate.org) by February 28.

Sage Upstate Calendar: March 2009

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: Group for LGBTQ seniors 60 and older. Meets, 3/25 out for lunch at the Fireside Inn in Baldwinsville. Please contact Sage if you plan to attend.

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

Dance Classes: Fridays in March 6-7:30 pm. Sage Member Susan Shockey will instruct participants in the Waltz.

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

Karaoke Sing-a-Long: Saturday March 28th, 6:30pm at Sage Upstate.

Knitting Circle: Meets every Wednesday in March at 7 pm, with instructor Deborah Hardy.

Men's Empowerment: 2nd & 4th Wednesday (3/11, 3/25), 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, (3/6, 3/20) 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.

Monday Night Men's Group: Peer support group for Gay, Bisexual and Transgender Men. This group is closed and takes new members twice a year. Please contact Sage Upstate for more information.

Reiki: Sage members Mary Gillen and Sally Gewanter will perform Reiki for interested participants for a fee of \$15. March 3 from 4-6pm. Call for more information.

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

Sage Exercise Classes: Mondays in March 6:30-7:30pm at Sage Upstate. Led by Anne Bowdoin, as part of the Fit for the Next 50 Program. Please register in advance.

Second Sunday Potluck -- Make Your Voices Heard, LGBT Issues in NY State: 4:30 Sunday, March 8. Presentation by Sheila Sable of the Empire State Pride Agenda on LGBT legislative issues and by Sage Members who have attended the state wide LGBT lobby day, Equality and Justice Day. 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, March 9, 5 pm.

Uzuri: Friday, March 13, 6:30 pm. Group for LGBT people of color as the age. We'll have some light refreshments, music and a good time.

Volunteer Night: Tuesday, March 31st, 6pm. Come enjoy pizza and learn more about volunteer opportunities at Sage while helping send out the Sage Newsletter.

Women's Coffeehouse: Fourth Friday (3/27) at 7:00 pm. Enjoy coffee, soft drinks, pizza, games, movies and socializing with other Sage women.

Women's Pitch Group: First, Second and Third Fridays (3/6, 3/13, 3/20) at 7:00 pm. Pitch card group for women.

Regional Networks

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

Cayuga Network: Will hold it's first meeting March 22nd, 2pm at the Unitarian Universalist Church, 607 N Seward Ave, Auburn. Food will be provided.

Jefferson Network: Will meet in late March, call Sage offices for details on time, date and location.

Oswego Network: Sunday, March 22nd, 2pm. Fallbrook, 103 Thompson Rd, Oswego. Please call for directions.

Cortland and Oneida Networks: No meeting in March. Please contact Sage if you would be interested in organizing for the Oneida County Network.

"Cayuga," cont'd from page one

Sage Upstate's mission is to serve a seven county area, including Cayuga, Cortland, Jefferson, Madison, Oneida, Onondaga and Oswego Counties. Although we are located in Syracuse, Sage has been reaching out over the last few years to the counties we serve outside of Onondaga County through the establishment of Regional Network Groups. These groups provide an opportunity for older LGBT individuals to socialize, access health and wellness information and develop support networks within their own communities. We currently have regional network groups meeting in Cortland, Jefferson and Oswego Counties, and are working to restructure a past group that had been meeting in Oneida County.

More on Regional Networks:

The Sage Upstate Oswego County Regional Network Group meets on March 22 at Fallbrook, 103 Thompson Rd off of West Seneca St, Oswego. The group meets monthly at 2pm for a potluck and socializing. Please bring a dish to pass if you are able. Sage Upstate's Jefferson County Group plans to meet in late March at the home of one of the group's organizers.

Sage is looking for interested individuals to facilitate our Oneida County Network Group. In addition, the Cortland group is reorganizing -- more news on that next month.

If you need more info, or if you would like to help organize a Sage Regional Network in Oneida County contact Carrie Elliott at 315-478-1923 or celliot@sageupstate.org.



Potlucks and other 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.

Programs this month @ Sage

To register for any of the following programs, or for more information, contact 315-478-1923 or celliot@sageupstate.org.

Sage Upstate's **Exercise Class**, which is funded through the Onondaga County Department of Aging and Youth's Fit for the Next 50 program, wraps up in March. It's not too late to join fellow Sagers on Monday nights. The class, held at Sage Upstate, involves a mix of cardio, stretch and balance exercises and is led by Anne Bowdoin. Please register in advance. The space for this class is not accessible.

Sage's **Cooking Class** for March filled up quickly. Call us now to sign up for the next series! Sage's **Group Stretch Class** will take a break this month, returning in April with a focus on stretching techniques for chronic pain. Call to sign up.

This month Sage Upstate is offering a class that will really sweep you off your feet. Sage member Susan Shockey will lead **Waltz Classes** for interested Sagers every Friday in March from 6-7:30 pm. Participants should register in advance. The space for this class is not accessible.

60+ Circle of Friends is meeting out for lunch this month at the Fireside Inn in Baldwinsville on March 25 at 12:30 pm. The Inn offers a large reasonably priced menu with soup, salad and sandwich options, as well as items off the grill. The group is open to any Sage member 60 or older who's interested in meeting for lunch once a month. Please contact us if you plan to attend, so we have a proper head count for reservations. Contact Sage for directions or to be added to the group's contact list. Sagers have been having so much fun at Karaoke we've decided to make it a regular thing. Come join us for the **Karaoke Sing-A-Long** on the 4th Saturday of every month, 6:30 pm to perform, sing along, or just hang out.

Sage is hosting a **Women's Pitch Group** three Fridays each month beginning in March. The group is open to any woman interested in playing pitch and socializing. Beginners are welcome. On the 1st and 3rd Friday, the group meets in the first floor lounge of the church. On the 2nd Friday, the group meets in the back meeting room on the Sage level of the church. In addition, women usually play Pitch at Sage Upstate's Women's Coffeehouse on the 4th Friday.





The Syracuse Gay and Lesbian Chorus, performing at the Town Hall Meeting in February.

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

Cooperative Federal

Three locations in Syracuse:
723 Westcott St
401 South Ave. Ste. 100
800 N. Salina St. Ste. 100
315-471-1116
www.cooperativefederal.org
Loans, accounts, and advice from Syracuse's only community development Credit Union.

Vivian Derrickson, CFP, CLU

Ameriprise Financial Services
6319 Fly Road #2
East Syracuse, NY 13057
315-251-0512
vivian.m.derrickson@ampf.com
Financial and retirement planning for gays, lesbians, and domestic partners.

Hansen's Financial Services

Susan Hansen
7067 E Genesee St.
Fayetteville, NY 13066
hansensfinancial.com
315-637-5153
sue@hansensfinancial.com
Comprehensive financial planning and socially responsible investing.

Onondaga Employee Leasing Services

Deb Rabe, President
4 Adler Drive, Suite 2,
East Syracuse, NY 13057
315-463-7838
deb@oelspeo.com
Employee benefits, payroll, and human resources provider.

March 2009

All activities held at Sage Upstate Center, 501 James St. @ Townsend & James in the First English Lutheran Church unless otherwise noted with *. Details: p 6. Info: 315-478-1923.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Monday Men's Group, 6 pm Sage Exercise Class, 6:30 pm	3 Reiki, 4- 6 pm	4 HERS Group, 6pm Knitting Circle, 7pm	5 Coming Out Later in Life, 7 pm	6 Men's Night Out 6pm Waltz class, 6pm Pitch Group for Women, 7 pm	7
8 Second Sunday Potluck - Legislative Issues, 4:30	9 Potluck Cmtee, 5 Monday Men's Group, 6 pm Sage Exercise Class, 6:30 pm	10	11 Men's Empowerment 7pm Knitting Circle, 7pm	12	13 Waltz class, 6pm Uzuri, 6:30 pm Pitch Group for Women, 7 pm	14
15	16 Monday Men's Group, 6 pm Sage Exercise Class, 6:30 pm	17	18 Sage Board 5:15 pm HERS Group, 6pm Knitting Circle, 7pm	19 Coming Out Later in Life, 7 pm	20 Men's Night Out 6pm Waltz class, 6pm Pitch Group for Women, 7 pm	21
22 *Oswego County Group, 2 pm *Cayuga County Group, 2 pm	23 Monday Men's Group, 6 pm Sage Exercise Class, 6:30 pm	24	25 *60+ Circle of Friends Lunch Out, 12:30 Men's Empowerment 7pm Knitting Circle, 7pm	26	27 Waltz class, 6pm Women's Coffeehouse, 7 pm	28 Karaoke Sing-a-long, 6:30 pm
29	30 Monday Men's Group, 6 pm Sage Exercise Class, 6:30 pm	31 Volunteer Night, 6 pm				

Theresa "Tess" Contos, LMT
315-727-5697
www.ascendwellness.com

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

Gail Sustare, Realty USA,
Personal cell: 345-0392
Office: 446-8291 ext 212

Syracuse University LGBT Resource Center 443-3983
aljaehni@syr.edu

Would you like an audio version of the this newsletter?

Please contact us at 315-478-1923 or celliott@sageupstate.org if you would like to be sent a cd with an audio version of the newsletter, read by volunteer Ron Baldwin.

**Equality & Justice Day
April 28, 2009**



Make your voice heard in Albany and across New York State!

Sage Upstate will be organizing a group trip to Albany for the Empire State Pride Agenda's statewide advocacy day. More than 1,000 LGBT folks and allies are expected for this annual event.

Participants will be scheduled in meetings with legislators from their districts, and trained to hold an effective meeting.

Part of the day's events include a senior issues caucus, in which older LGBT folks from around the state will gather and discuss how issues affect our lives. Last year more than 90 attended this session.

Registration: \$15
Registration with transportation: \$40
To register:
www.prideagenda.org
518-472-3330

Sage Upstate will coordinate a group: if you are interested in joining us, please call 315-478-1923, in addition to registering with the Pride Agenda.