

Spring Dance: May 17 *New Location, New Price*

Spring has finally sprung in CNY -- come out and celebrate with your Sage friends at the Spring Dance on Saturday, May 17, 7:30 - 11:30 pm at a new location: First Unitarian Universalist Society, 109 Waring Rd. (at Waring and Nottingham).

We've lowered the suggested donation for admission to \$5 in the hopes of bringing more folks to the event. The dance will include refreshments, a 50/50 raffle, and great music with DJ Denise Dwyer. Raffle tickets can be purchased for a donation of \$5 each or \$20 for five (at the last dance, the winner took home more than \$400). Volunteers are needed for shifts lasting an hour or so, leaving plenty of time to enjoy the event. For more info or to volunteer, contact Carrie Elliott at 315-478-1923 or celliott@sageupstate.org. Proceeds support Sage Upstate programs for LGBT seniors.

GENDA Forum

On May 20th at 7pm the Rainbow Alliance of Central New York and the Empire State Pride Agenda will hold a forum on the Gender Expression Non-Discrimination Act at May Memorial Church (3800 E Genesee St, Syracuse). GENDA would add the category of Gender Identity and Expression to the current law in New York State which makes it illegal to discriminate on the basis of age, race, creed, color, national origin, sexual orientation, sex, marital status and other categories in the areas of employment, housing, public accommodations, education and when applying for credit. It also adds gender identity and expression to the list of offenses that are considered hate crimes in New York State.

The Empire State Pride Agenda has been aggressively lobbying to get GENDA on the floor of the New York State Assembly before the end of this legislative session. The forum will feature a program of local and statewide speakers who will discuss what GENDA is, why it is so important, and how we can help to get it passed in New York. Please join us Tuesday, May 20th to learn more about this important legislation. For more information contact Carrie Elliott at 478-1923 or celliott@sageupstate.org.

Second Sunday Potluck: May 11, 4:30 pm

What Do You Know About Relationship Violence?

Representatives from Vera House will conduct an interactive presentation to educate on relationship violence.

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

▼ The 16th Annual **AIDS Walk/Run** will be held on Sunday, June 1, at Beaver Lake Nature Center. People can participate in the event as individuals or team members to raise funds that support AIDS Community Resources Adolescent Prevention Programs and Client Support Services. This year's 10 K run is on cushioned bark trails and features winners in 6 age divisions. Organize a team at work or participate with friends or family members -- teams consist of 5 or more people and team leaders receive special incentives. To walk or run in the event, contact ACR at 474-2430, or visit www.aidswalkcny.com.

▼ The 14th Annual **Women's Effort For Persons Living With AIDS** Golf Tournament Fundraiser will be held on Saturday, June 14, at Casolwood Golf Club in Canastota. Registration includes 18 holes of golf, cart, refreshments, chicken barbecue, awards, and prizes. Those interested may register for a donation of \$65.00 per person (or \$15 per person for just the barbecue after the tournament). The deadline is June 7. To register, visit www.womenseffort.org. All donations are tax-deductible and benefit Women's Effort, which provides direct, short-term financial assistance to persons with AIDS/HIV.

▼ Join Silky and the FACES LGBTQ Unit for a Memorial Day weekend retreat: "**Positive Life.**" The event will offer quality health and life information for LBGTQ People of Color, with workshops on communication, financial planning, safer sex, and other topics. The retreat, which also includes meals and fun social activities, will be held at White Eagle Conference Center in Hamilton, NY. To register (\$50 per person), please call the FACES GLBTQ Hotline at 315-558-8597. FACES is a program of the Southwest Community Center.

▼ The 6th Annual **Elder Law Fair** will be held on Tuesday, May 6, 8:30 am - 1:00 pm at LeMoyne Manor, 629 Old Liverpool Road. The half-day event is free, and it offers seminars of interest to older adults and their families. Seminars will address concerns such as catastrophic care, long term care insurance, consumer protection, estate administration, social security, grandparents rights, Medicare and nursing home care. In addition to free admission, free parking is available and a continental breakfast will be served. To register, pick up a form at Sage Upstate or call 458-0050.

▼ Former NBA player **John Ameachi** hosts this month's episode of the PBS LGBT news magazine **In The Life**, which airs on WCNY Sunday, 5/18, at 11 pm. The show, entitled "Voices of Pride," looks at stories that have propelled the LGBT community forward. Segments cover a lesbian denied fertility treatments by a doctor who had religious objections; the ballet productions of Pedro Ruiz; and a version of Eve Ensler's "Vagina Monologues" entitled "Beautiful Daughters" which was produced by a group of transgender women.

Uzuri

Uzuri is a word that in the Eastern and Central African dialect of Swahili, means “beauty”. It is also the name of the Sage Upstate social group for LGBTQ Persons of Color as they age. The group is part of Sage’s outreach initiative to ensure that the diverse community which it represents is well and wholly served.

Uzuri has been meeting since September 2007 on the second Friday of each month from 6:30-8:30 at the Sage Upstate Center. The group enjoys food and lots of laughter in these gatherings, which are informal but also loosely structured around alternating themes of discussion, education, entertainment and games. There’s been a New Year’s party, an evening featuring Omani Abdullah’s performance poetry for African American history month, a viewing of the documentary short “All God’s Children” and a game night.

In February, four Uzuri members traveled to Albany for the First Annual LGBT People of Color Health Summit. The event was designed to provide a forum for the articulation of issues and recommendations related to health and human service intervention for LGBT People of Color. Workshops and forums covered a variety of topics, such as Latino community issues, transgender issues, HIV prevention, spirituality, and substance abuse.

At the May Uzuri meeting, the theme will be “What’s On Your Mind?” -- profound or light, silly or serious - everyone gets to share something. For future meetings we are planning a karaoke night, a movie night, and the group has also entertained the idea of taking a trip to some local or out of town event together.

Uzuri is a group for LGBT People of Color, but at times throughout the year, the Uzuri meeting will be an “Open House” which invites and welcomes all Sage participants in to meet group members and find out more about the group. The first Open House will be held on June 13th, 6:30.

A few Uzuri members had this to add:

It’s important for people of color with all ranges of sexual identity to feel supported. The group provides thoughtful discussion, laughter, and resources we will not find in mainstream society.

Finally, a venue where I can look across the room, listen, talk, share, suggest, or complain about topics of interest with others who will understand.

Bus Trip To Toronto

Reserve your ticket by May 23

Would you like to travel to Canada with 50 of your Sage friends to celebrate Pride at the end of June? Then get on the Sage Upstate bus to Toronto, on June 29.

The bus will leave Syracuse from the Shoppingtown Mall parking lot early in the morning in order to arrive in Toronto in time for the annual Pride parade. After a day of prideful celebration, the bus will head back to Syracuse in the early evening. Sage Upstate will provide packets to participants with information about the parade, including maps, restroom info and important phone numbers.

We need at least 40 signed up by May 23 in order to book the trip. Sage Upstate members can reserve a round-trip ticket for \$49; for all others, tickets cost \$59. If you drove your car, you’d probably pay around that much for gasoline -- why not get a ticket instead, have fun with friends, and “leave the driving to us?” To purchase tickets, contact Carrie Elliott at 315-478-1923 or celliot@sageupstate.org. Master Card and Visa are accepted.

Trans Group To Attend Forum

Sage Upstate’s Transgender Peer Discussion Group, which meets monthly on the third Tuesday, will this month attend the GENDA Forum (see page 1) on May 20th. Those interested can meet at Sage at the regular meeting time -- 6:30 -- then travel to the forum together. Others can meet at May Memorial Unitarian Universalist Church (3800 E Genesee St), 7 pm, where the forum will be held. Next month, the peer discussion group will resume on the third Tuesday at Sage.

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

Sage Upstate Calendar: May 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 5/14 at Sage Upstate. On 5/28 the group will meet out for lunch, call for location.

Acting Classes: Sam Basile's Acting Classes continue on Monday nights in May at 6pm.

American Sign Language Classes: Sage Member Scott Milner will offer classes in American Sign Language starting May 8th and running for 5 Thursdays at 6:30.

Coming Out Later In Life: 1st & 3rd Thursdays (5/1, 5/15), 7 pm. Peer led discussion group; members share experiences, find connections & support.

Guitar Group: Sage's guitar group meets the 1st and 3rd Thursday of the month (5/1, 5/15) 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 (5/7, 5/21), 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 May 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 (5/14, 5/28), 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, (5/2, 5/16) 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 (5/13, 5/27) at 1pm.

Pride Planning Party: Come share your ideas and help us plan this year's Pride Float. 5/6, 5:30. Pizza provided.

Rainbow Alliance of Central New York: Thursday, May 8, 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: Friday, May 23 6pm, Access to Independence Center, 22 N Main St, Cortland.

Jefferson Network: Sunday, May 4, All Souls Unitarian Universalist Church, 1330 Gotham St, Watertown, 1:30pm.

Oneida Network: Friday, May 16, Home of Sage Members Jeff Sterling and Mil Decker, 412 Rutget St, Utica 7pm,

Oswego Network: Sunday, May 25, 2pm, St James Episcopal Church, 24 Lake St, Pulaski.

Sage Board Meets: Wednesday, May 14, 5:15 pm.

Second Sunday Potluck -- LGBT Domestic Violence: Representatives from Vera House's LGBT Domestic Violence Group will discuss myths and realities of LGBT Domestic Violence. Interactive presentation. 4:30 Sunday, May 11. 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, May 12, 5 pm.

Transgender Support Group: This month the group will be attending the GENDA forum at May Memorial Church at 7:00 on May 20th. Participants can meet at Mey Memorial or can meet early at Sage to carpool.

Uzuri: May 9th, 6:30 pm. Group for LGBT people of color. What's on Your Mind Tonight? Come and share it, whatever it is!

Volunteer Night: Join us on Tuesday, May 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 (5/23) at 6:30 pm. Enjoy coffee, soft drinks, pizza, games, movies and socializing with other Sage women.

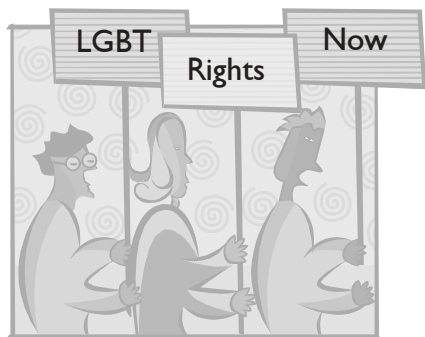
Working OUT Yoga classes continue on Saturdays in May, at 10:30. Please register in advance.

Lesbian Speed Dating Benefit

On Sunday, May 18, Sage Upstate and the Women's Information Center are hosting a lesbian speed dating event at Women's Info (601 Allen St). The event begins at 1:00 with a meet and greet. Speed Dating will start at 1:30, and the event will be followed by a potluck at 4:00. Admission is a \$5-\$10 suggested donation, and proceeds will benefit both organizations.

Never heard of Speed Dating? Don't be nervous, it's a great chance to meet a lot of different people at one event. Participants rotate around the room, conducting short dates with many different women. At the end, you let the organizers know whom you are interested in. Organizers then connect people who indicated they were interested each other.

Participants should bring a dish to share for the potluck, paper, a pen, business cards, your single women friends, and lots of enthusiasm! Come out to support Sage and Women's Info - maybe you'll meet someone special, maybe you'll make some new friends, but no matter what you're sure to have a good time.



Get Ready For Pride Party
Tuesday, May 6
5:30 pm
Sage Upstate Center

Join us for pizza, soft drinks and pride planning. We are looking for ideas for the Sage Upstate float, volunteers for the Sage booth at the Pride festival, and folks who will march in the Sage contingent.

RSVP: 315-478-1923

Regional Networks Update

Here's the latest on Sage Upstate groups in Cortland, Jefferson, Oneida, and Oswego Counties.

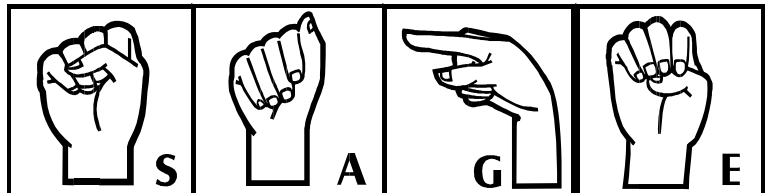
Cortland County: The group has changed its meeting time to the fourth Friday of each month, still at the Access to Independence Center, 22 N Main St, in Cortland. This month the group will decide whether or not to take the summer off from meetings.

Jefferson County Regional Network is keeping active this summer with several upcoming events. On Sunday, May 4 the group is heading to the local zoo, followed by a potluck at 1:30 at All Souls Unitarian Universalist Church, 1330 Gotham St, Watertown. On May 10, group members will meet to help clear land for a public meditation garden area at the Kripalu Yoga Center, 14029 US Rt. 11 in Adams Center. Participants should bring shovels and other tools. On June 1, the group is hosting a health fair at the church, which will include a number of businesses and agencies coming together to share healthy alternatives to improve people's quality of life. On June 7, the group plans to meet and walk part of the Black River Trail, followed by a picnic on the shore. The group is also planning to carpool to Toronto Pride on June 29.

Oneida County: The group will meet again this month at the home of Sage members Jeff Sterling and Mil Decker, 412 Rutger St. in Utica on May 16th. Join them for good food and a great social opportunity.

Oswego County: The group will continue to meet the fourth Sunday of each month at 2:00 at St James Church, 24 Lake St. in Pulaski for a potluck and lots of great conversation.

Learn Sign Language At



Sage Member Scott Milner will start a new session of American Sign Language classes in May.

Classes will begin May 8th, and run for 5 weeks on Thursdays from 6:30 to 8:00. Interested? The course is free, but participants must register in advance. Contact Carrie Elliott at 478-1923 to sign up, or e-mail celliott@sageupstate.org.

Do You Have Sleep Apnea?

At least ten million Americans have unrecognized sleep apnea, which is a treatable disorder that causes the person to stop breathing during sleep -- often hundreds of times during the night. Sleep apnea becomes more common as you get older. Find out more about this condition, and if you think you maybe affected, talk to your health care provider.

What is sleep apnea?



There are three different kinds of sleep apnea: obstructive, central, and a mixed type which is a combination of obstructive and central. In obstructive sleep apnea, the most common type, the soft tissue in the rear of the throat collapses and closes the airway so that

those affected stop breathing during sleep for a minute or longer. With each stop, the brain receives a signal to arouse the person from sleep in order to resume breathing. Consequently, sleep is fragmented and leaves the sufferer sleepy during the day but unaware that they were waking up during the night. Loud snoring, punctuated by periods of silence, is typical but not always present.

The consequences of untreated sleep apnea include high blood pressure, cardiovascular disease, and weight gain. Those affected may also fall asleep during the day, have memory problems, morning headaches, depression, reflux, a need to use the restroom frequently during the night, and impotence.

Evaluation and Treatment

Treatment options may include: positional therapy which works to change the position of the sleeper; weight loss to eliminate additional fat around the neck; stopping the use of alcohol or central nervous system depressants; oral appliances to keep the airway open; surgery to create a more open airway; or continuous positive airway pressure (CPAP), which works by gently blowing pressurized room air through the airway at a pressure high enough to keep the throat open.

What's Your Snore Score?

- ▶ Are you a loud and/or regular snorer?
- ▶ Do you feel tired and groggy?
- ▶ Do you awaken with a headache?
- ▶ Are you often sleepy during waking hours?
- ▶ Do you fall asleep quickly?
- ▶ Do you fall asleep sitting, reading, watching TV or driving?
- ▶ Do you often have problems with memory or concentration?
- ▶ Have you been observed to choke, gasp, or hold your breath during sleep?

If you have one or more of these symptoms, you are at higher risk for sleep apnea. Risk increases if you are overweight, smoke, or use alcohol and/or have a large neck, a recessed chin, high blood pressure, or a family history of sleep apnea.

At least 1 in 10 people over the age of 65 has sleep apnea.

Though sleep apnea affects both women and men and people of all ethnicities, men are more likely to be at risk, as are African Americans, Pacific Islanders, and Hispanics. Women who are affected by sleep apnea are much more likely to develop it after menopause. If you think you may be affected, discuss these symptoms with your doctor or a sleep specialist.



Health and Wellness Page Sources: The American Sleep Apnea Association (www.sleepapnea.org) and the National Heart, Lung, and Blood Institute (www.nhlbi.nih.gov). Visit www.sleepapnea.org for to learn more, obtain resources, and find out about support groups in your area.