

Age Healthier, Breathe Easier

The air you breath – and what’s in it – can pose a significant risk to older adults, especially those with respiratory diseases. Chronic Obstructive Pulmonary Disease (COPD), which includes chronic bronchitis and emphysema, is the 4th leading cause of death in the US. More than 2.5 million Americans age 65 and older have asthma. The Aging Initiative of the Environmental Protection Agency publish these tips for dealing with environmental hazards.

Molds

Prevent mold by controlling moisture. Dry water-damaged areas promptly. Use a fan when showering, then dry off surfaces. Scrub mold off hard surfaces with detergent and water, and dry completely. Use air conditioners and/or dehumidifiers as needed. Regularly wipe walls and hard floors with a damp cloth. Wallpaper and/or ceiling tiles may have to be removed if they become moldy. Empty air conditioner, refrigerator and dehumidifier drip pans regularly. Monitor humidity in home with a hygrometer (available for \$10-\$50).

Dust Mites

Dust mites live in humid places, so again, maintain low humidity levels in your home. Use an air conditioner during warm weather, if possible. Remove dust often with a damp cloth or by vacuuming with a high efficiency filter at least once a week. Avoid down-filled comforters or pillows. Wash bedding weekly in hot water. Avoid upholstered furniture that can trap allergens. Replace dust collecting blinds and long drapes with window shades or washable curtains.

Volatile Organic Compounds

Volatile Organic Compounds (VOC) are emitted from certain solids or liquids. VOC's are widely used as ingredients in household products. Vent rooms adequately with a fan that exhausts to the outside when using solutions which may be harmful. Dispose of old hobby and cleaning products that might be stored under the sink or in the basement or garage. Store products per manufacturer's suggestion.



Poorly maintained appliances

Appliances which use natural or LP (propane or butane) gas, fuel oil, kerosene, wood or coal such as kerosene heaters, outdoor grills, fireplaces and wood stoves produce particles which can pose a health threat. Air conditioners can also be a source of pollutants if not maintained properly. Have appliances professionally inspected and cleaned annually. Repair any leaks promptly and make sure there is venting when needed. Change filters regularly and follow the manufacturer's maintenance instructions.

Traveling

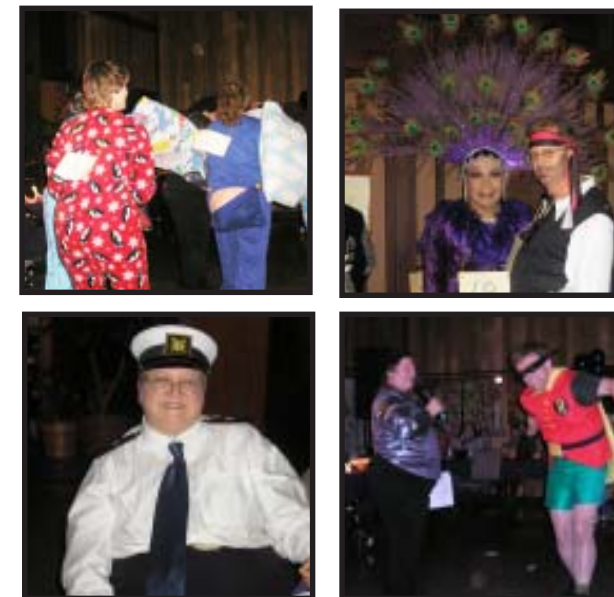
Hotel and motel rooms can have dust mites in the carpeting and mattresses or smoke residue in the linens or drapes. When making lodging reservations, request allergy or smoke free rooms. If those rooms are not available, request a sunny, dry room away from the pool or smoking areas. You may want to take an allergen-proof pillow cover with you.

Dealing with other triggers:

- ▶ Check the Air Quality Index (AQI) daily, on the Internet (<http://airnow.gov/>) or in local news publications or broadcasts.
- ▶ If you smoke, stop. Avoid the smoke of others.
- ▶ Stay inside on high pollen days and use an air conditioner to filter the air coming into your home.
- ▶ Keep pets off beds and furniture and clean and brush them outside of your home.
- ▶ Use vented gas (instead of wood-burning) fireplaces.
- ▶ If you must use a wood-burning stove, make sure it is EPA-emission certified. (most stoves made after 1990 are certified).
- ▶ Cockroach droppings contain a protein that is a primary trigger for asthma. Keep a clean, dry home, and fix leaks promptly.

Health and Wellness Page Source: Environmental Protection Agency Aging Initiative (<http://www.epa.gov/aging/solutions>)

Halloween Dance: 10/24



The photos above, taken at last year's Halloween Dance, prove that Sage Upstate knows how to throw a party. Don't miss the 12th Annual Halloween Dance on Saturday, October 24, 7:30 - 11:30 pm at May Memorial Unitarian Society, 3800 E. Genesee St. in Syracuse. More than 100 participants are expected, and most will likely come in costume. The best individual and group costumes will win prizes.

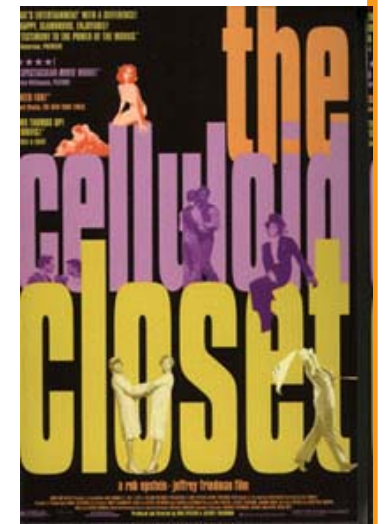
The event also features pizza and other refreshments, great music with DJ Denise Dwyer, and a 50/50 raffle (tickets will be mailed out to members, others can get them by calling or visiting Sage Upstate or at a Sage event (\$5 each, \$20 for 5). Last year the raffle winner took home more than \$400.

The suggested admission donation is \$5 for members and \$10 for all others. Volunteers are needed for shifts lasting an hour or so, leaving plenty of time to enjoy the event. For more info or to volunteer: 315-478-1923 or celliott@sageupstate.org.

2nd Sunday Potluck: October 11, 4:30 pm

The Celluloid Closet

Celebrate National Coming Out Day and LGBT History Month with a trip down memory lane to explore the Hollywood portrayals of LGBT characters. This award winning documentary is based on the book of the same title by Vito Russo. The film will start at 4:45 and break at 6:00 to serve dinner. The remainder of the film will be shown during dinner, followed by discussion.



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

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First English To Hold Service of Welcome

At its biennial assembly in Minneapolis in August, the Evangelical Lutheran Church in America voted to allow people in committed same-sex relationships to serve in ministry -- prior to this they could only serve if they remained celibate. It also encouraged its congregations to find ways to support or recognize members in same-sex relationships. First English Lutheran Church, where Sage Upstate rents offices and meeting rooms, has always found ways to support the CNY LGBT community. Next month the church will hold "A Service of Welcome" on Sunday, October 18, 4 pm. The service, held at the church at 501 James Street in Syracuse, will feature a performance of the Syracuse Gay and Lesbian Chorus. Refreshments will be provided after the service.

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, 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. 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

Ok, so I'm not one of the early settlers of New York, as pictured. The picture was taken at a museum in Albany, where I visited last month for the Annual

Retreat of the NY State LGBT Health and Human Services Network. Besides making you laugh, hopefully the picture will get you into a historical frame of mind -- it's LGBT History Month.

Being at the retreat with representatives of organizations serving LGBT people around the state (more than 50 organizations are members of the Network) was energizing. It's not always easy for us to work together, but we make it happen. We work through difference, distances, and diverse viewpoints and when it all comes together, great things happen.

Network organizations serve 700,000 across NY each year, in 56 of the state's 62 counties. Working with the Empire State Pride Agenda, which coordinates the coalition, the Network secured more than \$8 million in state funding this year. Sage Upstate participates in the Network Senior Issues Committee -- our work plan (which was put together at the retreat) includes cultural competency training for providers of senior services around the state. In Our Own Voices, working with other Network organizations serving LGBT People of Color, will be holding the 2nd statewide LGBT POC Health Summit this month in Albany (Uzuri members will participate). Our New York State Network is a model for other statewide efforts that are forming across the US.

Back to LGBT History Month -- I wanted to leave you with a few notes about the history of our community, the efforts that made a force like the Network possible.

▶ Magnus Hirschfield started the Scientific Humanitarian Committee in Germany in 1895 -- the first organization to address issues related to sexual orientation and gender identity.

▶ It wasn't until the 1950s that the United States saw its first "homosexual" rights organizations -- The Mattachine Society started in 1950, and the Daughters of Bilitis started in 1955.

▶ When bar patrons resisted a routine police raid at the Stonewall Inn in NYC, 1969, 3 days of rioting followed and the modern LGBT rights movement was born. The group of patrons who resisted were men, women, transgender folks and people of color -- a reminder that we've all been in this together since the start.

▶ After that lots of national organizations were born. Among them are the National Gay and Lesbian Task Force (1973), the Human Rights Campaign (1980), Gender PAC (1985) and the National Center for Transgender Equality (2003).

▶ In New York, the first statewide coalition of LGBT organizations started in 1994 -- this grew into the Network. Sage Upstate was established in 1997, and as they say -- the rest is history!

Hope to see you at an event sometime this month!

Around Town

▼ **Sparky Town Restaurant** (324 Burnett Ave. in Syracuse) will hold a **Song and Supper Series** in October. On Saturday, 10/3, 8pm **Atlantic Flyway** will perform "progressive bluegrass, folk, & old-time." On Friday, 10/9, 6-9pm **Dan Robbino** will play piano, featuring ballads and classics from different eras and genres. On Saturday, 10/10, at 8pm, it's a solo show with **Miss E** (Melissa Ragonese), Syracuse's own rock n' roll and blues diva. On Friday, 10/16, at 8pm **Kanjira** will perform, and on Saturday, 10/17, at 8pm **Mark Zane** will perform. There will also be a Halloween Party on Saturday, 10/31. Call 315-422-8401 for reservations/information. For more music information contact Viv at msvivmusic@yahoo.com.

▼ **The Paddock Club** will hold an **Equality Mixer** on Sunday, October 11, 2 pm, at 1 Paddock Arcade on Public Square in Watertown. The event will feature speakers, literature from HRC and the Empire State Pride Agenda, food, fellowship, and ideas about how to get involved in the process of making Marriage Equality become a reality in New York State. LGBT folks and their straight allies are invited.

▼ "Transformed into the Compassion of Christ," the **New Ways Ministry's** Fall 2009 retreat will take place October 9-11, at the Stella Maris Retreat Center, 130 E Genesee St. in Skaneateles. The event will be led by Fr. Michael Crosby, OFM, Cap., and is sponsored for LGBT Catholics, their parents, family, friends, and supporters. Contact Francis DeBernardo at director@newwaysministry.org for more information.

▼ **The Neighborhood Computer Project**, which operates out of the First English Lutheran Church, will hold a **Neighborhood Street Market** on October 17, 9 am - 5 pm, in the church parking lot at 501 James St in Syracuse. The event will feature vendors, crafters, farmers, live music, entertainment, food and fun. Proceeds will benefit the Neighborhood Computer Project. Interested in selling your items? Vendor fees are \$15 per space. Contact 315-399-4699 for more information.

Sage To Hold Imago Relationship Workshop

Kathleen Tryon, LCSW-R and Cindy Ostuni, LCSW-R, certified Imago Relationship Therapists, will be offering a one day Imago Relationship Workshop for interested couples on Saturday, 11/14, 9:30 am - 5:30 pm at Sage Upstate. The event is free and participants are asked to bring their own lunch. Imago is a form of therapy that combines psychological theories and practical observations to help participants learn to look at frustrations within their relationships in new ways, and to understand that differences are actually part of attraction. The workshop at Sage will feature opportunities to learn and practice the Imago dialogue, to embrace the struggle phase as a natural process in relationships, to understand the unconscious forces that influence romantic attraction and to experience a discussion on love that is fun and insightful. Space is limited and pre-registration is required. Contact Carrie Elliott at 315-478-1923 or celliott@sageupstate.org to reserve your spot today.

Program Update

Uzuri Anniversary

This month Uzuri, the Sage group for older LGBT People of Color, is celebrating its 2 year anniversary. The event will be intergenerational -- join us to spend time with people from all ages and at the same time celebrate Uzuri's anniversary. We'll share a meal, have fun, and enjoy great conversations. 6:30 pm, 10/9.

Women's Coffeehouse

Our apologies to anyone who came to Women's Coffeehouse in September and found out it was cancelled - the volunteer coordinator of this event had a last minute conflict and could not be here, and the staff did not realize that there was a problem until later that evening. We will take steps to make sure this does not happen again, as we move forward to restructure the Coffeehouse. We are looking to offer games, movies, discussions, cards and food at future events -- please attend on 10/23, 7 pm, and bring your suggestions of what you would like to see.

Cooking Class

Interested people can still sign up for Sage Upstate's fall cooking class, which will run for 6 weeks based on participants availability. There is a fee of \$100 for Sage members and \$130 for non-members to cover the cost of materials for the course. To register: 315-478-192; celliott@sageupstate.org.

Cancellations

● **No Karaoke** this month -- We encourage you to join us at the Sage dance instead on the 4th Saturday. Don't worry, Karaoke will return in November.

● **Women's Pitch** is no longer meeting on Friday evenings.

● **The HERS Group** will not meet on the Third Wednesday in October -- contact Sage Upstate for the reschedule date.

Sage Upstate Calendar: October 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). To register for classes, or for more information, contact Carrie Elliott at 315-478-1923 or celliott@sageupstate.org.

60+ Circle of Friends: Group for LGBTQ seniors 60 and older. Meets 10/28 for lunch. Call for details.

Art Classes: 10/13, 10/2, 6-7:30. Painting with pastels.

Coming Out Later In Life: 1st & 3rd Thursdays (10/1, 10/15), 7 pm. Peer led discussion group; members share experiences, find connections & support.

Halloween Dance: Saturday, October 24, 7:30 pm, May Memorial Unitarian, 3800 E Genesee in Syracuse. Food, costume contest, 50/50 raffle. Admission donation: \$5 for members, \$10 for all others.

HERS Group for Women: Usually meets 1st and 3rd Wednesday but this month, only on 10/7, 6 pm. Facilitated by Susan White, MA. This group explores aging issues among lesbian, bisexual, and transgender women. Please register in advance.

Knitting Circle: The knitting group meets Wednesdays in October at 7 pm with instructor Deborah Hardy.

Men's Night Out: First and third Friday, (10/2, 10/16) 6 pm. Join Sage guys for pizza, games, movies & fun.

Men's Empowerment: 2nd & 4th Wednesday (10/14, 10/28), 7 pm. Facilitated by David Bullard, LMSW. This group explores aging issues among gay, bisexual, and transgender men. Please register in advance.

Monday Night Men's Group: Peer support group for Gay, Bisexual and Transgender Men. This group is closed. Please all to be added to the group's waiting list.

Regional Networks: These networks hold gatherings for older LGBT people and allies in their home areas.

Bring a dish to pass if you are able.

Cayuga Network: October 25, 2pm at the Auburn Unitarian Universalist Church, 607 N Seward Ave, Auburn. Participants can bring indoor or outdoor games to play.

Cortland Network: October 17, 4pm, Cortland County LGBT Resource Center, 29 Central Ave, Cortland. A main dish will be provided, please bring side dishes or deserts to share if you are able.

Oswego Network: On October 25, 2pm, Fallbrook, 103 Thompson Rd, Oswego, NY.

Sage Board Meets: Wednesday, October 21, 5:30 pm.

Second Sunday Potluck: 4:30 Sunday, October 11th. Viewing of the film *The Celluloid Closet* starts at 4:45 with an intermission at 6:00 for dinner. The remainder of the film will be shown during dinner. 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! Wednesday, October 15, 5 pm.

Spark: The Misadventures of an Exhibitionist Breast Cancer Survivor: Thursday, October 22, 7 pm. Includes spoken word, music, singing and movement. Free of charge.

Uzuri: Friday, October 9th, 6:30 pm. Group for older LGBT people of color. Celebrate Uzuri's 2 year anniversary with for food, new connections, and great conversation.

Transgender Potluck: Saturday, October 17th, 5 pm. Join other aging trans folk in the area for a potluck and socializing. Bring a dish to pass if you are able.

Variety is the Spice of Life Exercise Program: Mondays in October, November and December, 6 pm at Sage Upstate. Led by Anne Bowdoin. Participate for your chance to win prizes, including a \$100 gift certificate to Carousel Center. Please register in advance.

Volunteer Night: 10/27, 6pm. Come enjoy pizza and learn more about volunteer opportunities at Sage while helping send out the Sage Newsletter.

Women's Coffeehouse: Fourth Friday (10/23) at 7:00 pm. Coffee, pizza, games, and socializing with other Sage women.

Sage Upstate Mailings To Change

The Sage Upstate name and logo will soon be featured on envelopes for mailings, and some information may be sent without an envelope. We will offer the option of continuing to receive all Sage mailings in an envelope with only the PO Box listed. The change will take place in January 2010. **If you do not want to receive mailings with our name and logo** on the envelope, or materials not enclosed in an envelope, please contact Kim Dill at 315-478-1923 or kdill@sageupstate.org.

Buddy Network Q & A: Buddy Helpers



Who are Check In Buddies?

Check In Buddies are Sage Members who pair up for "status checks." They may be isolated, they may live on their own, or they just may want a regular check in with another member.

Why Would I Want a Check In Buddy?

Some Sage Members live alone and don't have regular contact with others. If they were to suffer an injury and were unable to get to a phone, they may be concerned about how long it would take someone to realize something was wrong. Check In Buddies will give or get calls at regular intervals -- so if something happens someone will know.

What Happens If My Check In Buddy Calls and I Don't Answer?

If for any reason you will not be home for a scheduled call, you can make other arrangements. Otherwise, if you have a call scheduled and your Check In Buddy is unable to reach you, this will set off a chain of response. First, your Check In Buddy will attempt to contact the three emergency contacts that you have provided to Sage. If none of those contacts confirm that you are ok, your Check In Buddy will contact Sage. The Buddy Network Coordinator will contact 911, who will send officers to do a "status check" to determine that you are alright.

What If My Check In Buddy Doesn't Call?

If your Check In Buddy is supposed to call and doesn't, you should first call them to see if they are ok. It's possible they simply forgot to call. You would then go through the process outlined above -- calling emergency contacts and if necessary, calling Sage. Again, Sage would contact the police to have them perform a "status check."

How Do I Get a Check In Buddy?

Contact Carrie Elliott at Sage Upstate (315-478-1923, celliott@sageupstate.org) to sign up for the Check In Buddy Program. Check In Buddies are asked to participate in the Buddy Network Training. Contact Sage for more information.

Sage Upstate Race Dialogue Circles are postponed until early 2010

We are now taking names of those interested in participating. Please call 315-478-1923 for more information.

Spark Deals With Breast Cancer, Wholeness, Healing



Spark: The Misadventures of an Exhibitionist Breast Cancer Survivor chronicles Mona de Vestel's journey through her recent diagnosis with stage I Invasive Ductal Carcinoma. The show, set for Thursday October 22, 7pm, First English Lutheran Church (501 James St), is a poignant, and at times funny musical odyssey of transformation and healing and finding a way back to the heart and a life rooted in wholeness.

Spark's unusual approach to spoken word utilizes music, rhythmic narration, singing and movement. Mona is a guest performer with musician Berny Williford and his keyboard magic.

Mona de Vestel is an Assistant Professor of Writing and New Media at SUNY Institute of Technology in Utica. She is the author of *Our Father* -- a memoir in submission about the effects of colonialism on her Belgian/African family and a novel *One String Guitar* -- about the Rwandan genocide. She is currently at work on a new memoir about healing and transformation. Mona grew up in Brussels, Belgium and now lives in Syracuse. She is a member of Uzuri, the Sage Upstate group for LGBT people of color.

Immediately following this unique performance an open mic session will be featured. Feel free to share some of your writing about healing. You are also invited to bring a healing dish or snack of your choice to share with others. The show will be videotaped for an audition at the 2010 Womyn's Michigan Music Festival. Everyone is welcome to attend this performance, which is presented free of charge.

LGBT Affirming Recovery Resources:

Monday Nights, 7 pm, Women's Info: Pride LGBT AI-Anon Meeting. Open to All; 601 Allen Street in Syracuse

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.syraa.org



At the September potluck, Sage Members, Syracuse University Students, and Q Center Youths discussed what has been like to be LGBT in different eras.

Congratulations Amanda and Janet!



At the October Potluck, Amanda and Janet Furco will be celebrating their second wedding -- which took place over the summer -- with a cake to share with everyone.

Community Forum to discuss ideas for the creation of an LGBTQ Center in Syracuse

Tuesday, October 13, 7 pm

Sparky Town Restaurant, 325 Burnet Ave

Facilitated by:

Crystal Collette and Joe Carpenter

Crystal is Program Manager of the "Real Life, Real Talk" education program at Planned Parenthood and Joe is a local activist and former co-editor of the long running LGBT publications, The Pink Paper and All For One. This forum has been developed and promoted with assistance from the Sage Upstate Physical Space Committee, but is a community effort and not a program of Sage Upstate.

The Sparky Town Kitchen will be OPEN. Come a little early to order food!

October 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 Coming Out Later in Life, 7 pm	2 Men's Night Out 6pm	3
4	5 Monday Men's Group, 6 pm Variety is the Spice of Life Exercise Class, 6 pm	6	7 HERS Group, 6pm Knitting Circle, 7pm	8	9 Uzuri, 6:30 pm	10
11 Second Sunday Potluck: a showing of the film, <i>The Celluloid Closet</i> , 4:30	12 Monday Men's Group, 6 pm Variety is the Spice of Life Exercise Class, 6 pm	13 Art Class, 6pm Community Forum on creating an LGBTQ Center (see box on this page), 7 pm	14 Potluck Cmtee, 5 Knitting Circle, 7pm Men's Empowerment, 7pm	15 Coming Out Later in Life, 7 pm	16 Men's Night Out 6pm	17 Trans Group, 5pm *Cortland County Group, 4 pm
18	19 Monday Men's Group, 6 pm Variety is the Spice of Life Exercise Class, 6 pm	20	21 Sage Board 5:30 pm Knitting Circle, 7pm	22 Spark: The Misadventures of an Exhibitionist Breast Cancer Survivor, 7 pm	23 Women's Coffeehouse, 7 pm	24 *Halloween Dance 7:30pm
25 *Cayuga County Group, 2 pm *Oswego County Group, 2 pm	26 Monday Men's Group, 6 pm Variety is the Spice of Life Exercise Class, 6 pm	27 Art Class, 6pm Volunteer Night, 6 pm	28 *60+ Circle of Friends Knitting Circle, 7pm Men's Empowerment, 7pm	29	30	31

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

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

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

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

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

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 Advisory Services, Inc.

Susan Hansen
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315-637-5153
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