

Services and Advocacy for GLBT Elders

Coming in November:

Race Dialogue Circles

This fall the Community Building Committee of SAGE Upstate is again offering a series of Race Dialogue Circles. These discussion groups give SAGE members an opportunity to talk about issues around racism in a positive and safe environment. As one of the participants in the last series of dialogue circles shared: *I was moved and touched as we shared our stories and I gained a clearer understanding of the issues that often divide us.*

The dialogue circles will be held from 6 to 8:30 pm at the SAGE Upstate Center on six consecutive Monday evenings beginning November 7 and ending December 12. A light meal and beverages will be available as part of the dialogue circle each week.

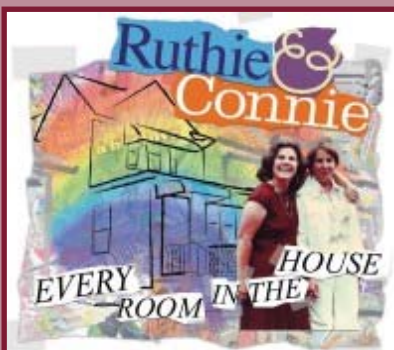
Being in the dialogue circle made me feel like I was a part of something very positive . . . something that could really make a difference. We invite you to participate in these shared experiences, joining with other SAGE members in discovering new insights, new alliances and new friendships. Space is limited. Please contact Karen Hall (478-1923, khall@sageupstate.org) soon to sign up. By Willard Doswell, who will co-facilitate the circles with Akosua Woods.

HALLOWEEN DANCE: 10/29, 7:30 PM

Join us for the SAGE Upstate Annual Halloween Dance, which usually draws 100 or more (most in costume). Set again this year at May Memorial Unitarian Universalist, 3800 E Genesee St. in Syracuse, the dance will be held on Saturday, October 29, 7:30 - 11:30 pm. **New this year: a pumpkin carving contest! Bring your carved pumpkin to the dance.** 50/50 raffle tickets will be mailed out to members which can be mailed back or returned at the dance (\$5 for one, \$20 for five). You can also get tickets at the office, at the potluck, or at the dance. Last year the winner took home more than \$400. Pizza, snacks, and soft drinks will be served. Prizes will be awarded to best individual and group costumes. We are asking for an admission donation of \$5 for members and \$10 for all others. Hope to see you there!



Coming soon . . .
Wedding Announcements!
Married recently?
Please send us your info
and/or pictures!



2ND SUNDAY POTLUCK: OCTOBER 9

Film: *Ruthie & Connie: Every Room In The House*

For those of you who missed the screening of this film at the *Art of Aging* event last summer (see pics inside), another chance. Ruthie and Connie met as housewives in the 1950s, fell in love in the 1970s, and sued NYC for domestic partnerships in the 1980s. *Potlucks are held on the 2nd Sunday each month.*

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

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

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



FROM THE
EXECUTIVE DIRECTOR

by Kim Dill

What We've Seen In Our Time

LGBT History Month calls us to celebrate our history as a proud people. The start of our movement was recent enough that folks still alive can remember it. The Society for Human Rights was established 87 years ago in Chicago -- it was the first group in the US organized to "combat the public prejudices" against homosexuals. As we all know, much has happened in the years that followed.

The chart below comes from a "Living Memory LGBT History Timeline" created by Loree Cook-Daniels of the Transgender Aging Network. She asserts that "every person is shaped in part by major public events that happen during their lifetime." In addition, your age at the time of the event influences how you interpret it.

	Military Ban	Kinsey	Mattachine	Jorgensen	DO Bilitis	Life Mag	Stonewall	APA	Renee R	Anita
85	17	22	25	26	29	38	43	47	50	51
75	7	12	15	16	19	28	33	37	40	41
65		2	5	6	9	18	23	27	30	31
55						8	13	17	20	21
45							3	7	10	11

- ▶ Military Ban on Lesbians and Gays in the US Military: 1943
- ▶ Kinsey releases his studies on sexual behavior: 1948
- ▶ Mattachine Society formed: 1951
- ▶ Christine Jorgensen gains attention after sex reassignment: 1952
- ▶ Daughters of Bilitis formed: 1955
- ▶ Life Magazine cover story on homosexuality (positive): 1964
- ▶ Stonewall Uprising: 1969
- ▶ APA removes homosexuality from list of mental disorders: 1973
- ▶ Renee Richards (openly trans) ousted from women's tennis: 1976
- ▶ Anita Bryant tries to save the children: 1977

Someone who is 85 could have been enlisting in the military just as the ban on homosexuals came about. What does that person think about the fact that we are still working through "Don't Ask, Don't Tell" today? The publication of the Kinsey study may be something that younger SAGERS only read about, but it was actually experienced by older SAGE members.

A positive cover story on "Homosexuals in America" which appeared in *Life Magazine* may have meant something different to someone

see "Our Time" on next page

Our Time, cont'd from p. 2

who was 38 at the time than to me, who saw it in my grandmother's living room at age 6. I don't really remember finding that issue but I still have it, saved from a stack of magazines my mom hung onto. I do remember *Life* as a magazine I always liked to look at because it was a bit controversial at the time, at least in my family (pictures of naked Woodstock frolickers come to mind). But how different it would be for me as a child to see the article as part of the world "out there," as opposed to someone in their 30s who maybe had only seen the word "homosexual" in the media in connection with bar raids or sting operations.

When the American Psychiatric Association took homosexuality off its list of mental disorders, I hadn't even come out yet. But someone who was in their 30s or 40s had lived with the knowledge that they were seen as "mentally ill" for most of their adult lives. I was just 11 at the time of Stonewall, but I know SAGERS who lived in NYC at the time. I can't imagine how that must have felt. Was it overwhelmingly empowering to fight back? It must have been terrifying to live in an era of routine police raids. Did the riots feel like a "win?" Or was it just more violence?

I was in my late teens and early 20s when I learned about Renee Richards, and I probably remember her more as part of "Team Navitrolova" than as an athlete ousted from the women's tennis circuit. The presence of both Renee (and Martina) made me aware of possibilities I had not yet imagined. But for a transgender 50 year old, Rene's ejection from the sport may have been one more huge disappointment and setback.

Anita Bryant was a joke in my world, even to the homophobic friends and family members I had at the time. As a parent today though, I think her antics would have been anything but funny were she to campaign to "Save the Children" today. The sad thing is, we still hear that argument today.

So, for LGBT History month, find someone who's lived through more history than you -- and ask them about it! *Hope to see you at an event sometime this month.* --Kim

SUMMER EVENTS



From top: Art of Aging Program events held at ArtRage Gallery: Ruth and Connie introduce their film at the screening of "Ruth and Connie: Every Room In the House"; Sandy Davis reads her piece at the Creative Writing event; Ruth and Connie answer questions after the film; Sam Basile reads; Cathy Kahl reads. 2011 Annual Picnic: More than 80 participants gathered in the pavilion at Oneida Shores to get out of the rain; Ron and Tony greet SAGERS; Despite tornado warnings, picnickers enjoy a great meal.

Home Remedies for Common Conditions

If you have a change in health, even if it's as seemingly insignificant as discolored nails, talk to your doctor. Even the most minor changes could signify larger problems. However, if your doctor says you are healthy, these remedies might provide some relief. Sources: AARP (www.aarp.org); Medline (www.nlm.nih.gov/medlineplus) and MSNBC (www.msnbc.msn.com).

Insomnia



Try one of these: **Lavender** in a diffuser, or a few drops on a fabric that does not come in direct contact with your skin. Tart **cherry** (also called sour cherry) juice may also help, or eat a cup of cherries before bed (cherries are high in melatonin). **Shrimp, cod, tuna, and halibut** contain tryptophan. **Lemon balm tea** may help -- and it also may improve digestion.

Colds

Chicken soup's steam opens up congested noses and throats. The soup provides fluid, which helps with dehydration from fever. Some studies suggest that substances in the soup reduce inflammation associated with colds.

Canker Sores



Try a mixture of half hydrogen peroxide and half water -- apply with a cotton swab directly to the canker sore. Then, dab on a small amount of Milk of Magnesia 3-4 times a day.

Hair

Dandruff: Add a few drops or **tea tree oil** to a tablespoon of olive, safflower or other cooking oil and rub it into your hair before using your regular shampoo. Dilute the oil, as applying too much to the skin may cause irritation. Or massage (cooled) **green tea** into your scalp, let it soak in for up to an hour and rinse.

Dry Hair: Try **hot oil treatments** with cooking oil -- get it warm (not hot) and massage it into your scalp. Put on a shower cap for about an hour, then rinse or shampoo out the oil. **Mayonnaise** also works as a conditioner. Slather it on and wear a shower cap for up to an hour.



Dull or Oily Hair
Try an apple cider vinegar rinse: mix 1 tablespoon of apple cider vinegar to 1 cup of water, apply it to your hair and then

rinse. If you are concerned about the cider smell, use your regular conditioner after. Apple cider vinegar helps reestablish homeostasis in hair follicles and so works to correct dull and oily hair. You can also cut down on oils by rinsing hair with the juice of two lemons in a quart of water.

Dry Skin

Add a cup of **oatmeal** to a warm (not hot) bath, or sponge yourself with a handful wrapped in cheesecloth or a handkerchief. Finely milled (colloidal) oatmeal works the best in the bath. Exfoliating and moisturizing scrubs also help, and you can make them. Mix an exfoliating ingredient (sugar, salt, or oatmeal) with honey or any type of natural oil ingredients to make a consistency that you can apply on your body and use once a week. For sensitive skin, stick to sugar or oatmeal as a base.



Fingernails



Discoloration: Try lightly scrubbing nails with equal parts lemon juice and baking soda. If a fungal infection is to blame, try tea tree oil or medicated vapor rub, applied around and squished under the nail twice a day for at least 6 months.

Moisturizing: Use olive or coconut oil -- the best time to hydrate is after bathing. Try rubbing oil over the entire nail on a daily basis. Vitamins, especially omega-3 complex, Vitamin C, and folate are important. Eating foods high in omega-3 fatty acids such as salmon, fish oils and almonds will help keep nails from drying out.

PROGRAM CORNER

by Karen Hall



One Great Program!

If you made it to the summer picnic, you got to see a brief demonstration of the Japanese martial art, aikido. I've been practicing aikido for 5 years now and I love it so much that I wanted to share it with all of you. Why do I love aikido? And why should you join us on Saturday, October 22, 11:00 – noon, at Ai-

kido of CNY, 2550 Erie Blvd East? Here are 10 reasons, but if you talk with me, I'll give you even more:

- 1 Aikido is a gentle art that you can practice for a lifetime. We have students at our dojo between the ages of 5 and 75.
- 2 Aikido trains you to fall gently and safely by becoming round—just look at my picture! Many of the students in our dojo can tell a story about escaping a serious injury by being trained to fall.
- 3 Aikido focuses on balance. At the start of sessions we massage and stretch our feet, and we practice barefoot. These two aspects keep feet healthy and sensitive to the ground—an essential part of good balance.
- 4 Aikido also helps increase your flexibility along with your endurance, cardiovascular health and overall strength.
- 5 However, aikido does not require strength. It's about redirecting your attacker's force, not mustering your own. In the photo below, notice the posture of Sensei Yousef Mehter is upright and relaxed -- he is not using brawn, but balance and grace.



6 Aikido is purely a defensive art—no sparring, no competition.

7 Aikido is grounded in an ethical practice of non-violence: protect yourself with the least harm to your attacker.

8 Aikido teaches you to blend your energy with your attacker, not smash up against an attack as is so common in Western sports like football.

9 Aikido is about circles and flow. The meditative practice helps you to develop a gentle presence in the world.

10 Aikido is fun! We will be treated to an introductory lesson by an advanced instructor. This is a great opportunity to sample a powerfully effective and gentle form of self-defense.

Spotlight: Vivian Derrickson

This month's volunteer shout-out goes to Vivian Derrickson. An early board member of SAGE, Vivian was instrumental in crafting our organization's by-laws. She served on the board of directors for many years as well as on the finance committee.

We all have Vivian, amongst others, to thank for bringing our executive director, Kim Dill, on board. Vivian was the board chair at the time Kim was hired and oversaw the process. Staff members past and future can be especially thankful to Vivian's contributions as she held it as a priority to make sure that SAGE staff positions came with health benefits.

Vivian has shared her financial expertise with the SAGE family at Sunday potlucks offering programs on the importance of financial planning and related issues for GLBT folks and same sex couples.

And in her home life, Vivian has been the loving partner of SAGE's knitting guru, Deborah Hardy since March 21, 1980.

Thank you Vivian for the many wonderful attributes you contribute to our SAGE family.



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20 Years of Joy



Join us on Friday 12-2 and Saturday 12-3 for our 20th year Anniversary Concert! Pebble Hill Presbyterian Church, 5299 Jamesville Rd., Dewitt
 Info: (315) 476-4329

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 www.verahouse.org

White Dove Releases
 315-875-5558
 www.whitewingsovercny.com

**Syracuse University
 LGBT Resource Center**
 443-3983

Cooperative Federal Credit Union
 471-1116 www.coopfed.org

Plymouth Congregational Church
 Welcoming LGBT community --
 God is still listening. Sunday svcs 10 am
 232 E Onondaga St; Park free across street
 Info: 395-1720 (Cindy)

Sparky Town Restaurant
 324 Burnet Ave.
 M-F 11 - 8, Sat 8 - 3

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

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
OCTOBER 2011					1
Unless otherwise noted with * , all activities held at SAGE Upstate Center, 501 James St. @ Townsend in the First English Lutheran Church. Details on page 8. Info: 315-478-1923.					2
3 Monday Men's Group, 6	4 HERS, 6:30	5 Knitting 7 What Do Gay Men Want? 6	6	7 Men's Night Out, 6	8 9 Potluck, 4
10 Monday Men's Group, 6	11 HERS, 6:30	12 Knitting, 7 What Do Gay Men Want? 6 *Paint Together, 6	13 Q Discussion, 7	14 Uzuri 6:30	15 16 Trans potluck, 5
17 Monday Men's Group, 6	18 HERS, 6:30 3rd Tuesday Movie, 7	19 *60+ Circle of Friends, 12:30 SAGE board, 5:30 What Do Gay Men Want? 6 Knitting, 7	20 Open Minds Mental Health Suppt. Group, 6	21 Men's Night Out, 6	22 23 Akido, 11am* karaoke, 6:30 *Oswego, 2
24 Monday Men's Group, 6 31 Men's Grp	25	26 Knitting, 7	27 *Q Discussion, 7	28 Women's Social, 6 pm	29 30 Halloween Dance, 7:30

KEEP HALLOWEEN COSTUMES FUN. . . But not at the expense of someone who may feel hurt by what you are wearing. Rule of thumb for considering costumes for the dance on 10/29: if you are wondering whether your costume is insensitive, it probably is. We all look forward to seeing the outrageous, elaborate costumes that SAGERS come up with and we don't want that to end any time soon. We also want SAGE Upstate to be open and welcoming of ALL older LGBT people. Thanks for being part of that friendly atmosphere!

OCTOBER 2011 PROGRAMS & EVENTS

Unless otherwise noted, activities below are free and are held in the SAGE Upstate Center, 501 James Street (corner of Townsend and James in the First English Lutheran Church). To register, or for more information, contact SAGE Upstate at 315-478-1923.

60+ Circle of Friends: 10/26, 12:30 pm. LGBTQ people age 60 and older meet for lunch. Call for location/details.

Aikido and Self Defense Class: Saturday 10/22, 11-noon at Aikido of CNY, 2550 Erie Blvd East.

Halloween Dance: Join us for our annual Halloween Dance at May Memorial, 3800 East Genesee Street. Saturday 10/29, 7:30 pm.

HERS Group for Women: Tuesdays, 6:30 pm, 10/4, 11, and 18.

Karaoke: 10/22 6:30pm.

Knitting/Crocheting/Needlework Circle: Wednesdays, 7 pm, led by Deborah Hardy.

Men's Night Out: 1st/3rd Fri (10/7, 10/21), 7 pm. Join SAGE guys for games, movies & fun.

Monday Night Men's Group: Closed support group for men. Mondays at 6 pm. New members are accepted twice per year.

Open Minds Mental Health Support Group: Safe space/peer support group for LGBT people with a mental health condition. 3rd Thursday, 10/13, 6 - 8 pm. Info: 478-1923 Co-sponsors: SAGE Upstate, Transitional Living Services

Oswego Network: 10/23, 2 pm, at Fallbrook, 103 Thompson Rd, Oswego. Bring a dish to pass if you are able.

Q Discussion and Social Group: 2nd Thu (10/6), 7 pm at SAGE Upstate, 4th Thu (10/20), 7 pm meets out in the community. Call for details.

Painting Together: Wed. 10/12 6-9 pm. Bring your pastels and easel and join Wendy Harris and fellow SAGE members at the intersection of Broad Street and Meadowbrook near Barry Park for one last outdoor session—if the weather holds. In inclement weather, and every Wednesday beginning in November, the group meets at the

Solution last month's puzzle:

S	Y	N	C		B	R	A		E	Q	U	A	L	
O	M	A	R		Y	O	U		N	U	R	S	E	
A	C	R	E		L	I	T		S	E	N	S	E	
R	A	C	E	D	I	A	L	O	G	U	E			
				D	A	R	N		L	E	N			
B	A	A		T	E	D	D	I	E	S		S	I	R
A	L	G	A	E			E	R	A		A	C	N	E
S	T	A	N	D	U	P	C	O	M	E	D	I	A	N
I	O	T	A		P	E	A		A	S	O	N	E	
E	S	E		P	A	P	Y	R	U	S		N	E	W
				S	E	N			I	N	T	O		
				M	A	D	M	E	N		B	A	R	N
C	R	O	O	N		I	T	S			A	L	O	E
H	A	I	K	U		S	T	E			M	U	M	S
I	N	L	E	T		E	A	R	C	L	A	M	P	S

Center. Bring your own supplies.

SAGE Upstate Board Meeting: The SAGE Upstate Board will meet on 10/19 at 5:30pm.

Second Sunday Potluck: Sunday, 10/9. Social: 4, Program: 5, Dinner : 6.

3rd Tuesday Movie Night: 10/18, 7 pm. *Changeling*. Popcorn/soda served.

TransPotluck: Saturday, 10/15, 2 pm. Planet of the Ape-O-Rama: watch as many *Planet of the Ape* films as you can sit through! All LGBTs welcome.

Uzuri: Fri 10/14, 6:30 pm. Social group for aging LGBTQ People of Color.

What Do Gay Men Want?: Wednesdays, 6 pm.

Writing Group: Tuesdays, 5:30 pm. Ongoing group, open to all.

Women's Social: Fri, 10/28, 6 pm. Cards, movies, soda, snacks. Come meet new friends and hang out with old pals at this gathering for SAGE women.

Accessibility

Potlucks and activities at the SAGE Upstate Center are accessible. The building elevator runs to the 2nd floor Drop-In Center and to the basement where potlucks are held. In rare cases, classes are held on the third floor, out of the elevator's range. Unless otherwise noted, all activities are accessible. Upon request, SAGE Upstate can provide accessibility resources, including sign language interpreters, materials in large print, and audio recordings of materials. Please request interpreters at least 48 hours in advance. For these or any other special needs, please contact Kim Dill at 315-478-1923 or kdill@sageupstate.org.

SAGE Awareness Campaign

by Barbara Genton



In 2010, SAGE Upstate received a grant from the Gifford Foundation through their ADVANS Program (Advancing and Developing the Assets and Value of Nonprofits in Syracuse) to build the capacity of the organization. SAGE Leader-

ship believes that we are only serving a fraction of the older LGBT population in CNY. Our goal is to use advertising and brand building to reach larger numbers of the aging LGBT population and increase participation in programming and events.

Part of our funding is being used to work with Cowley and Associates, a local ad agency, on an awareness-building campaign. We started with radio spots on the NPR show "All Things Considered" on WCNY and WRVO. If you attend a Syracuse Stage performance this season, you'll see our color ad in the program. Soon campaign brochures and posters will be ready to distribute. Start thinking of places in the community where we can leave some!

The theme -- "Supporting You, Supporting Me" -- involves reaching out to individuals and raising visibility in the larger community by building partnerships with non-profit organizations. We've encouraged SAGRErs to join the Q Center for the Pride in Syracuse events, and to walk in The Hope for Heather Teal Ribbon 5K wearing SAGE shirts. Throughout the year we will be seeking opportunities to assist in community based activities. More news on this coming soon!



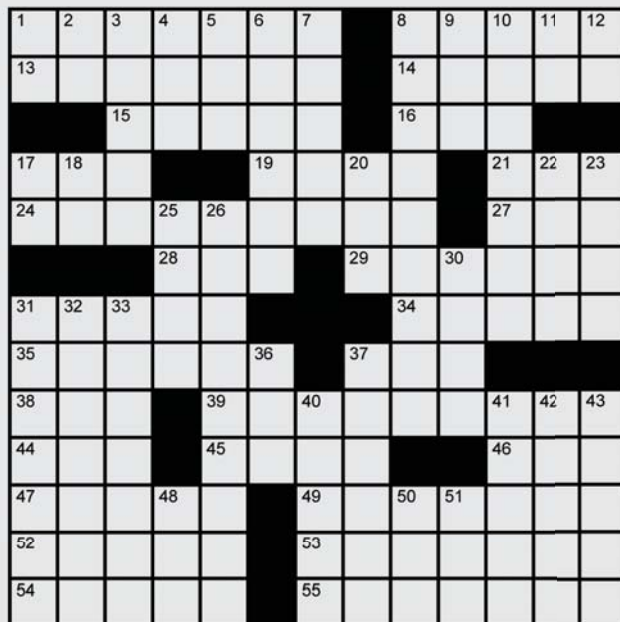
Talking to Your Doctor about Exercise

The US Surgeon General recommends regular physical activity for its beneficial effects on most (if not all) organ systems, and to prevent a broad range of health problems. Before starting an exercise program, always talk to your health care provider. Here are some questions to ask, compiled by the American Geriatrics Society Foundation for Health in Aging (www.healthinaging.org). Clip them out and take them to the doctor with you!

- What are the benefits of physical activity for my particular health conditions?
- What is considered physical activity?
- Is it safe for me to exercise?
- What type of exercise should I be doing? Are there exercises I should avoid doing?
- How much physical activity is normally recommended for an adult my age? Is this right for me?
- What is a benefit to resistance training? Is it right for me? How do I begin? How fast should I increase the amount of exercise I do?
- What is a benefit to balance training? Is it right for me? How do I begin?
- Is there benefit to stretching exercises? Are they right for me? What stretches should I do?
- What is a realistic physical activity goal for me?
- Are there safety tips while I exercise that I should know? In particular, do I need to adjust my medications in any way while I exercise?

Add your own questions: _____

AROUND TOWN



▼ **Hope for Heather** will present the 3rd Annual **“Girl’s Day Out”** on Sunday, November 6, 11 am - 5 pm at Tawn Marie’s Dance Studio on Morgan Rd. in Liverpool. Pamper yourself all day or some of the day. Shop for gifts for that special someone. No charge to attend, you pay for whatever services you choose to engage in, such as Pedicures, Manicures, Reiki, Massage, Baked Goods, etc. Local vendors have donated their time, love and support and all services are affordable. Proceeds fund research in OUR Community. Info: support@hopeforheather.org

▼ On Saturday, October 15, **Vera House, The Wedding Dress Project, and ArtRage** present **“Reconstructing Relationships Through Art,”** 9 am - noon, at ArtRage Gallery, 505 Hawley in Syracuse. This workshop offers an artful way to grow beyond experiences of abuse and envision healthy relationships. Along with facilitated dialogue, participants will engage in the deconstruction/reconstruction of objects associated with relationships, i.e. wedding dress/tuxedo, gifts from former partners, whatever...please feel free to bring your own!! Art resulting from the workshop can be displayed publicly to help raise awareness about relationship abuse and healthy relationships. Info: information contact Loren Cunningham, lcunningham@verahouse.org or (315) 425-0818 Ext. 208

Writing Group Started

Now in its second month—the Tuesday night writing group remains open to anyone who would like to come unleash their creative energy. Bring a 3 ring binder, loose leaf paper and your favorite pen. We’ll write some, read some, and discuss our writing.



Across

1. Long grain from India
8. Boat floors
13. Spock’s fav concept
14. Seeing red
15. Having a lot to lose?
16. It’s often left hanging
17. Ceiling
19. Uttered melodically
21. Sexual identity (abbr.)
24. Shortly after
27. Can you dig it?
28. Half and half
29. Traveling amp packer
31. Almost boil
34. Glasses or details
35. Used in soap, candles
37. Casual greetings
38. Took the cake?
39. Cool, man
44. Pilot’s problem
45. Cross
46. Plastic _____ Band
47. Imaginary but plausible (abbr.)
49. Recluse
52. As a lark
53. Added up
54. Limo of tractors
55. Those who trap

Down

1. _____ curious
2. Capone or Pacino

3. Ski run

4. Kind of rule
5. Source of wisdom
6. Tear catcher
7. Freeze
8. Conclusion of search for causes
9. Blunder
10. _____ ray tube
11. _____ Oslin
12. Como _____ dice . . .
17. Type of scan
18. Sound of relief
20. . . . snow, _____ ice . . .
22. McCormack or Idle
23. SAGE has ‘em
25. On a _____
26. Home to pancreas, gonads
30. Abbey area
31. Remain, Mr. Caesar
32. Kitty pimples?
33. Station of the Mass Bay Transportation System
36. Go a-courtin’
37. CERN -- the large _____ collider
40. Whitman and Angelou
41. Patterned fabric
42. Bury
43. Term first used at Oberlin
48. Shed stuff
50. Hancock info
51. Fold or spindle

Reader Response: *Don't Mess Wth Texas*

by Paula Whitfield

Last month in the newsletter Karen Hall wrote an article, "All in the Family," about her lesbian cousin Phyllis's conservative attitudes and the fact that she and her Hispanic partner, Gloria, were from Texas. As a native Texan, I want to put forth some positive things about Texas and the people of Texas.

I voiced my concerns to Karen and had a very positive discussion as well as some important clarifications. The incidents about which she wrote happened 15 years ago. We all know that in the gay community we have come a long way in 15 years, and this includes the state of Texas.

Many of the incidents described in the article didn't take place in Texas, which may not have been clear: the Denny's described was in the Catskill region of New York, and the Rush Limbaugh/Dr. Laura radio shows playing were Phyllis's personal selections, not the only choices available in Texas.

Texas is actually not as backward as the stereotype might imply. Southerners in general are nothing if not polite, even in the most conservative regions. It is a large state with different cultures and attitudes. Painting all of Texas with the racial brush is unfair to the many good people who are not prejudiced.

My mother was raised in Greenville, located in East Texas near Balch Springs, where years ago Lenell Geter was convicted for holding up a KFC and later exonerated. Mr. Geter has since formed a company that works to educate and lead youth and teens to a better life. My mom was more liberal than her siblings but held the belief that black people should not mingle with whites and that separate but equal was okay. Ironically her father, my grandfather, was raised by slaves because his mom and twin brother died in childbirth. That's a bit of an historical twist in my family's Texas history.

There's a great deal more to be said about Texas. I haven't had room here to discuss the current status of Hispanics in the state, but I hope that this has brought a little positive perspective to those who read Karen's article. I hope these two articles have helped all of us learn some things about different cultures in this great U.S.A. Texas certainly has its faults, as does New York and each state in the union.

The article was meant to show the ways racism is enmeshed in our entire culture (not just Texas), and how complicated it can be. We meant no disrespect to the Lone Star State. -ed

Be an Ambassador

SAGE is starting a new volunteer group. The purpose of the Ambassador Program is to train a core group of volunteers to: 1) help newcomers to SAGE feel welcome and comfortable within our existing programs and events; 2) actively promote SAGE participation and services; and 3) staff the welcome center at our new location. Ambassadors will serve as the key point people to see that these crucial connective actions take place at all SAGE events. Please contact Karen at SAGE (478-1923 or khall@sageupstate.org) if you would like to become an ambassador. We'll ask you to attend two training sessions and then we can begin scheduling you to volunteer!

Empowerment Returns

The SAGE Upstate empowerment groups are back! Two support groups are meeting for six weeks -- one for women, one for men -- to address issues related to aging and being LGBT. Both are facilitated by professional counselors. Details:

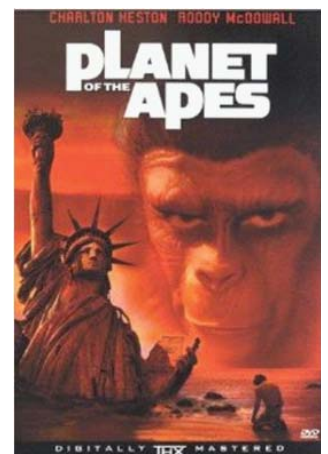


What Do Gay Men Want? Facilitated by David Bullard, LMSW The men's support group will meet on Wednesdays, 6 pm, through 10/19. The group will focus on a different theme each week.

HERS (Healing, Empowerment, Respect, Support) Group for Women Facilitated by Susan White, LMFT The women's support group will meet on Tuesdays, 6:30 pm, on October 4, 11, 18 and November 1, 8, 22. Topics will be group generated and may include issues such as intimacy, coming out, healing, and any number of others.

Ape-O-Rama

The Transpotluck group and EON invite all SAGErs to a marathon showing of all FIVE original Planet of the Ape movies—that's right, all FIVE. Come to the Center at 2pm, Saturday, 10/15 to begin at the beginning! Stay as long as you can hold out. Everyone welcome!





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Yes! I would like to join SAGE Upstate.

Name 1 _____ Name 2 _____

Address, City, State, Zip _____

Email _____ Phone _____

Membership dues: *The suggested dues amount is \$35 – more if you can, less if you can't*

- My dues are enclosed
- Please bill my credit card

\$150 \$100 \$50 \$35 Other \$ _____

Credit Card # _____ exp: _____

Name on credit card _____

- Please check all that apply:**
- Please use discretion when calling
 - Include my information in the address list shared with other members
 - I would like to volunteer
 - Please send information about how to make SAGE Upstate a beneficiary in my will or donating other assets

Membership dues to SAGE Upstate are tax-deductible.

Mail to SAGE Upstate, PO Box 6271, Syracuse, NY 13217. Questions? 315-478-1923 or kdill@SAGEupstate.org