

Sage News

Upstate

May
June
2019

Vol
23
#3

Serving Older Gay, Lesbian, Bisexual, and Transgender People in Cayuga, Cortland, Jefferson, Madison, Oneida, Onondaga, and Oswego Counties

Remember with SAGE: Friday, May 31

You may not have known any of the people from our SAGE community who've died over the past year. However, chances are you know someone among the 50+ names on the memorial quilt. SAGE Upstate's 4th Annual Memorial Service will be held on Friday, May 31, 6 pm in the 2nd floor Ballroom of the CNY Philanthropy Center at 431 E. Fayette St. in Syracuse.

The event brings the community together to remember the friends we've lost in the past year by adding their names to the Memorial Quilt and holding a reception to honor them. Please join us to remember. Come to celebrate these people who gathered once at SAGE. Thank them

for their contributions to our community. SAGE is better because they were here. And we are better too.

We are now compiling names to add to the quilt. Please call if you know of someone who should be added, or if you are willing to speak on behalf of someone. The reception will feature the reading of the names and speakers sharing remarks on those honored. There will also be time for anyone to stand up and share their memories about this year's honorees or anyone on the quilt. The program will followed by social time with refreshments.



Mar-April
@ SAGE



Coming Up



June 15
See page 7

Sat. June 1, 2-6 pm
see page 7

Lunch & Learns
See page 5

Syracuse Potluck
See page 4

CNY Pride Fest
See page 7



SAGE Upstate News is published bimonthly and features content on issues affecting older Gay,

Lesbian, Bisexual, and Transgender (GLBT) people in Central New York. SAGE Upstate is a not-for-profit organization that promotes the well-being of GLBT people in Central New York as they age. Board meetings are open to the community, and copies of the Annual Report are available upon request. For more information or ad rates, contact Kim Dill at 315-478-1923 or kdill@sageupstate.org.

SAGE Upstate Board

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Executive Director:
 Kim Dill
 Program Administrator:
 Leslie Lamb



SAGE programs are accessible unless otherwise noted.

We support civil rights and promote the integration and participation of all individuals with disabilities in all SAGE Upstate sponsored programs and events. It is the intent of SAGE Upstate, consistent with state and federal law, that individuals be provided full and equal access to participate in programs, activities and facilities, and that no individual shall be subjected to disability-based discrimination with respect to their participation.

Interpreters are provided at large events and are available with notice. Sign language interpreters can be provided with 48 hours notice. Also available are audio or large print copies of the SAGE Upstate News.

SAGE Shares is a group of volunteers who reach out to people who are isolated to connect them to SAGE and other resources. They send cards, make calls and hospital visits, and help with rides and errands. SAGE Shares also plans the annual memorial and other events to bring people together. **If you need help or would like to help, contact Kim at 315-478-1923 or kdill@sageupstate.org.**



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From the Executive Director

by Kim Dill



Yes, I'm going to write again about the funding shortage due to the loss of our state grant. You probably guessed I would. You might also be wondering what can be done. Maybe you're thinking that the hole in our budget is so big you don't know what's going to happen. I don't blame you for being on the fence, if you are. I might be if I were in your shoes.

But I'm not. From my vantage point, things look a lot more hopeful. No, we didn't get another big grant to cover our expenses. What we have received -- though it doesn't yet make up what we lost in dollars-- may be even better than that. We've gotten an outpouring of community support. That gives me hope for the future of SAGE Upstate.

People have given generously, thanks in part to a matching grant from the Central New York Community Foundation. I say *in part* as I believe they gave because they support our mission (they gave *more* for the match). A big thank you goes out to all of you who continued supporting SAGE

as you have over the years. Also a big welcome back to people who haven't given recently but came out for this effort.

Local business are supporting the CNY Gay 5k and other sponsorship initiatives. The Wolf's Den held a brunch for us. Our dear friends Will Doswell and Joe Downing raised funds with a cabaret in their own "Bear Garden." A

couple of folks have asked for donations for SAGE in honor of their birthdays.

Someone else donated theater tickets to be raffled off. And the list goes on ...

What can you do? Well, donations are great and we

need them, but they are by no means the only thing we need. You may want to join a group of dedicated volunteers who have been meeting for the past few months -- our fundraising committee. These women and men sit around a table staring down the biggest funding shortage this organization has ever seen. They plan events, they go to the library and research grants, and they pick up the phone to encourage people to give or to thank them for their donation. This group has taken on the crisis and sliced it up into a plan that's getting results.

Volunteering in general is also a way to plug in. Group leaders, mailing volunteers, event helpers, the folks in SAGE Shares reach-

ing out to people in need-- they are all carrying SAGE through this too. Seriously, there is not one thing SAGE does that doesn't have a volunteer's fingerprints on it somewhere.

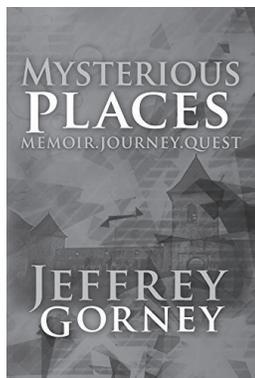
Yes, we need funding. But we need community too. Be a part of SAGE Upstate in whatever way you can, and rest assured, it will make all the difference.

How You Can Help

- ▶ Give and support events if you can.
- ▶ Join the fundraising committee.
- ▶ Help out with SAGE Shares.
- ▶ Make friends and support each other.
- ▶ Join us in remembering those we've lost at the memorial reception.
- ▶ Volunteer when you can.
- ▶ Keep coming out, keep coming back.
- ▶ Bring your friends and get them involved.
- ▶ Be out and proud as much as you can to show others it's ok.
- ▶ Connect someone who is lonely to SAGE.
- ▶ Help someone get here with a ride.
- ▶ Join Age happy and healthy with your SAGE friends; feel so positive about growing older that it becomes contagious and everyone around you catches it.

Syracuse Potluck: Local Author

Jeffrey Gorney



Join us on the 2nd Sunday in May (5/12) for a talk by local author Jeffrey Gorney on his memoir, *Mysterious Places*. The story includes Jeffrey's search for his roots in Romania, explores aspects of the World War II era, and follows his story of growing up in working-class Brooklyn with immigrant grandparents. *Mysterious Places*

also looks into family history in a 1900s Moldavian village, 1930s Bucharest, and Edwardian London. You can pick up the book on Amazon and Barnes & Noble online, and copies will be available for purchase at the potluck. Social time goes from 4- 5 pm, the program will be held at 5 pm, and dinner will be served at 6 pm. Bring a dish to pass if you are able.



One more month of Falls Prevention

The Falls Prevention Fitness class will meet throughout the month of May on Mondays and Fridays at 11:15 am in the SAGE Upstate Center (with two days off: 5/10 and 5/27). After that, the class will go on break for the summer. There's still time to get into the Center and improve your fitness! Over the summer, we won't let you get too out of shape-- we're working on some movement classes to offer while folks wait for Falls Prevention Fitness to come back in the fall. Stay tuned.

Donate your birthday to SAGE

If you love to get those B-Day gifts, we get it. But, if you have everything you need, and you want to ask your friends for donations to SAGE, you can do it on Facebook – simple instructions are posted on our Facebook page and on our web site. At the end of the year, we'll throw a party for everyone who uses their birthday to raise donations for SAGE.



The group has been meeting Thursdays at 11 am at Destiny USA near Panera. On May 9, walkers move outdoors, meeting at the Onondaga Lake Park Visitors Center (Rain location: Destiny). Some are prepping for the CNY Gay5k coming up on June 15. Others just want to keep active. The group is for walkers of all exercise abilities.

Potlucks in Oswego and Utica

In May, the SAGE Upstate Potluck meets on 5/5, 2 pm. The regular meeting time is the 4th Sunday of each month, 2 pm, at Trinity Methodist Church, 45 E. Utica. In June the group will meet on 6/23.

SAGE Upstate Potlucks in Utica are held on the 2nd Saturday of each month, 5 pm, at Utica Unitarian, 10 Higby Rd. In May: 5/11. In June: 6/9.

Bring a dish to pass if you are able.

SAGE Upstate's Trans Social

for members of the trans community to meet for social time and support.

Summer Schedule

May: first and third Saturday
June - August: Third Saturday
7 pm in the SAGE Upstate Center



Program News

by Leslie Lamb

Happy Spring! I want to thank all of you who participated in the variety of Lunch and Learns

we've held. The financial series has ended, but we can hold more if there are things you would like to learn about. Just let us know! The senior self-defense workshop went very well. We would like to send a big THANK YOU to June Worden of Syracuse Self Defense for putting on a very informative and helpful workshop. As we continue with our health and wellness Lunch and Learn series, let us know health issues you would like to learn more about.

At Crafting in the Center on May 14, we will be making terrariums. I don't have a green thumb but these are made with succulents -- plants that don't need as much work to survive! If you are interested in attending please be sure to RSVP to assure we have enough supplies and pizza! It's always a good time interacting with friends and sharing lots of laughs.

Lunch and Learn Presentations

Stroke Awareness, Thursday May 16, 11AM

Presenters Joshua Onyan and Liz Keesler are both critical care nurses who now work on the Upstate Stroke Team. They will present on what stroke is, how to recognize it, what to do if/when you recognize it, and what treatment options are available.

Advance Care Planning, Thursday June 20, 11AM

We all know we need to start getting ready for the future and this workshop will help you get the ball rolling. Spend some time with us at SAGE Upstate as Nancy Aureli, RN and founder of Community Living Advocates, shares her passion for health care proxies, do not resuscitate (DNR) orders, organ donation, disposition of remains, and more. She is a caring nurse who's helped countless families start the conversation and get the paperwork underway. She can help you too with this interesting and necessary topic. Don't miss it! Paperwork will be provided for all in attendance. Bring your questions.

Lunch served after both presentations.

Please RSVP to Leslie Lamb:

llamb@sageupstate.org, 315-478-1923

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LGBT Welcome

Open and Affirming

Plymouth Congregational Church

United Church of Christ

Sunday Service, 10 am

232 E. Onondaga St. 315-474-4836

www.plymouthuccsyracuse.org

Options for children available:

Childcare and Learning Community

God is still speaking,

Board news: Welcomes and Goodbyes



Welcome Aboard!

Daniel E. Bishop-Basler was born in Denville NJ in 1956 and is the oldest of four siblings. Dan married Dean Basler Jr on July 7, 2012, in Camillus, NY. After 20 years as a health care technician, Dan retired from Upstate Medical University. He and Dean are fur parents to one cat, BearKitty, and one dog, Della, a Great Dane.

Roger Cruttenden retired after a 20-year career with SUNY Upstate where he served as Purchase Associate at Upstate, Procurement Administrator for Downstate Medical Center and Associate Director of Business Affairs at the College of Optometry. He continues to be active as a consultant for two SUNY Campuses. Roger has a particular interest in the areas of physical fitness and loneliness in seniors. He believes that physical and emotional health has a significant impact on dementia and physical decline. Roger is interested in working with SAGE Upstate to assist in developing more robust and creative social outlets to assist LGBT seniors who are lacking a strong support system. He's an upstate man at heart. After living in NYC for many years, he and his husband, Roy, retired and returned to Syracuse where they have been living for the past two years.



Thank You!

Ann Badger (left) served on the SAGE Upstate board in the early years, just after the organization was formed. She returned in 2015 for two 2-year terms, serving as Board Chair and Vice Chair during that time. **Nancy Gwin** also joined the board in 2015 and SAGE has benefited from her longtime experience as an ally and activist. We thank both Ann and Nancy for the dedication and passion they brought to their board service.



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LONG BRANCH PARK

GAY

5k CENTRAL NEW YORK

SATURDAY JUNE 15TH

CNYGAY5K.ORG

Presented by: 

Proceeds from this event, which will be held at Longbranch Park in Liverpool, 9 am, on Saturday June 15, benefit SAGE Upstate. Find information on the course and the event, and register at www.cnygay5k.org. Last year, the 5k drew 300 participants, and this time we're hoping for more. The SAGE Upstate Walking Group is gearing up for the event, join them Thursdays at 11 at Onondaga Lake Park Visitor Center. Hope to see you there.

Pride Disco Tea Dance



Saturday, June 1
2 - 6 pm

DJ Rockin' Robin

Raffle Soft Drinks Snacks Good Times

431 E Fayette St. 2nd Floor Ballroom

\$10 suggested donation, sliding scale

Uzuri for LGBT People of Color

meets on the 4th Saturday of every month, 6 pm, @ SAGE Upstate for food, fun, and support.

 **Parade & Festival: June 22, Inner Harbor**

central new york pride

Parade: Meet in the Destiny Parking Lot, step off is at noon.

Festival: Noon- 5 pm, Inner Harbor, 328 W Kirkpatrick St, in Syracuse. Food and merchandise vendors and an entertainment stage. \$5 entrance fee can be paid at any entrance to the Inner Harbor. Children 10 under are free. You can register early online at cnypride.org to avoid waiting at the event. The first 2,500 registrants receive a commemorative 2019 CNY Pride Festival Badge.

Other Pride Events

- June 1: Assault City Roller Derby
OCC SRC Arena, 4pm
- June 12: Queer Queens of Qomedy
Funny Bone @ Destiny USA 7pm
- June 17: Flag Raising, City Hall Noon
- June 22: Parade step-off, noon, Destiny
- June 22: Festival @ Inner Harbor, 1-5 pm
- June 27: Pride Night at Syracuse Mets
(and it's dollar Thursday!) 6:35pm

More info is coming -- watch SAGE Upstate's Weekly Email or visit CNY Pride on Facebook or their website at www.cnypride.org

Arthritis Pain: Do's and Don'ts from the Mayo Clinic

May is National Arthritis Awareness Month, a time set aside to bring awareness about the condition, the need for additional research and advocacy, and to encourage movement for those affected. It's the leading cause of pain and disability worldwide. Managing arthritis usually involves exercise, medication, stress reduction, and other interventions. The Mayo Clinic adds these tips. For more info <https://www.mayoclinic.org/diseases-conditions/arthritis>

What is arthritis?

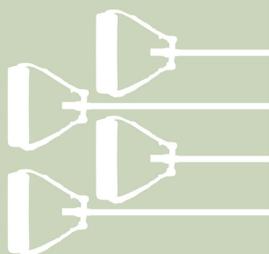
It's not a single disease. There are more than 100 types, all related to joint pain or joint disease. Common symptoms include swelling, pain, stiffness, and decreased range of motion; these vary in occurrence and severity. They may come and go, stay the same over many years, or progressively worsen.

When you exercise

The best exercises for arthritis pain are those that build muscles around the joints, but don't damage the joint itself. Consider working with a physical therapist to develop a program that's right for you.

DO's: stretching, range of motion activities, gradual progressive strength training, low-impact aerobics like walking, cycling, or water exercises.

DON'TS: Avoid high impact and repetitive exercises like running, jumping, tennis, some aerobics, and any activity that is repeated over and over.



Taking Medicine



There are plenty of pain relieving medicines out there - check with your doctor about those you try.

DO's: Try over-the-counter pain medications (like acetaminophen ibuprofen, naproxen sodium) to help relieve occasional pain. Cream containing capsaicin may be applied to skin over a painful joint to relieve pain. Keep your doctor in the loop, especially if the over the counter medications aren't working.

DON'TS: Avoid overtreatment-- if you find yourself relying on over the counter medicines daily, tell your doctor. Also be sure you're not undertreating pain by ignoring it. You might need daily prescribed medication. Another trap you can fall into is focusing only on pain. Depression is more common in people with arthritis. Doctors have found that treating depression with antidepressants and other therapies reduces not only depression symptoms but also arthritis pain.

Physical and emotional care

Being unable to do what you once could do can be discouraging. Fear and hopelessness-- in addition to being no fun at all--can actually make your pain worse.



DO's: Try cognitive behavioral therapy identify and interrupt harmful cycles of self-defeating thoughts. Relaxation therapy (meditation, yoga, deep breathing, listening to music, nature walks, journaling) can help both your mental state and your pain. Some people find relief through acupuncture or a massage (tell the massage therapist where your arthritis affects you.) And, of course, the tried and true application of heat (no more than 20 minutes) and cold can help relieve pain temporarily.

DON'TS: Avoid smoking, which causes stress on connective tissue. Negative attitudes can make main pain seem worse. If you feel a dark cloud coming on, distract yourself by doing something you enjoy.



Commemorate Stonewall 50 at ArtRage Events

ABOUT-FACE: 50 years after Stonewall.

The Paintings of Joe Radoccia; June 1 - July 12

Opening Reception: June 1, 6 - 8 pm

Hudson Valley Artist, Joe Radoccia's painted portraits pay homage to LGBTQ elders. In his artist statement, he writes "The oversized portraits represent hard won freedom to be present, to be as out and visible. The scale acknowledges the magnitude of the About-Face in attitudes and acceptance in the 50 years since Stonewall. They claim space in an open environment that did not exist when we were born, that did not exist for most of our lives, and that many of us thought we would never live to experience." The paintings are also personal. As elders our faces become maps of our experiences. The vulnerability of a work on paper, the intricacy of the mark making, and the way these come together form portraits that mirror the delicate complexity of the negotiated paths that made us who we are today. This exhibit invites intimate conversation with LGBTQ elders, with a few younger voices. This exhibition is in collaboration with CNY Pride & SAGE Upstate, Inc. and funded, in part by Bousquet Holstein, PLLC.

From Selma to Stonewall: Are We There Yet

Wednesday, June 5, 7 pm

The film explores the Civil Rights and LGBTQ equality movements; are the two similar, or are they fundamentally different? Do they have the same goals? Why are they often in conflict with one another?

Family Stories, Tuesday, June 11, 7 pm

An interactive discussion with local LGBT Rights activists from the last 5 decades. Those in attendance will be encouraged to listen to the stories of others as well as to talk of their own experiences.

"Good evening. Hello. I have cancer."

Wednesday, June 12, 7pm

Comedian Tig Notaro used those words to open her stand-up set at Largo in Los Angeles in August 2012. This documentary focuses on the year that followed that night.

About Face artist, Joe Radoccia, Artist Talk.

Tuesday, June 18, 2019 at 7pm.

The Death and Life of Marsha P. Johnson

Wednesday, June 19, 2019 at 7pm

This documentary reexamines the death of a beloved icon of the trans world while celebrating the story of two landmark pioneers of the trans-rights movement, Marsha P. Johnson and Sylvia Rivera. Together, the radical duo fought arrests, condemned police brutality, organized street kids, battled the intolerant majority within the gay community, and helped spearhead the Stonewall Riots.

United in Anger: A History of ACT UP

Thursday, June 27, 7pm.

This documentary is presented in partnership with Planned Parenthood on June 27th, National HIV Testing Day. This is a unique feature-length documentary that combines startling archival footage that puts the audience on the ground with the activists.

More info artragegallery.org

All events are Free to the Public and held at the ArtRage Gallery, 505 Hawley Ave., Syracuse, 315-218-5711



New Meeting Day/Time:

2nd Tuesday, 3 pm

The group is for people caring for someone with dementia. Peers share strategies and offer each other support. For more info:

1-800-272-3900 www.alz.org/cny

Recent Programs



Drum Circle, Utica



Falls Prevention Fitness Class



Annual Meeting in Utica



Soup Off



SAGE Bingo




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Art Class with the Everson



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www.nottinghampetclinic.com



SAGE Across the US



Caring for an older adult?
YOU'RE NOT ALONE.

If you're caring for an aging spouse, partner, family member, or friend, you may need support.

To identify the caregiving needs of our communities, we developed the **Caregiving Community Survey**.

We need your thoughts to create tools, resources, and programs to better support you.

Help us help you.

Take the survey now.

sage Advocacy & Services for LGBT Elders
We refuse to be invisible

DIVERSE ELDER'S COALITION

SAGE USA coordinates a coalition of all the SAGE organizations around the country, and our own Leslie Lamb participates. From time to time, we'll be giving you info on what's going at our Sister SAGEs across the US.

The Diverse Elders Coalition, a community partner of SAGE USA, has just launched a new online survey for family caregivers of older adults, and they want to hear from people who are providing support to a spouse, partner, parent, grandparent, friend, neighbor, or other family member. If this is you, please visit www.diverseelders.org/survey to share your experiences. This anonymous survey will take approximately 20 minutes to complete and will be used by the Diverse Elders Coalition to develop tools to better meet the needs of caregivers in our communities. You could win a \$25 Target gift card for participating! This research is generously supported by The John A. Hartford Foundation and has been developed in partnership with the Benjamin Rose Institute on Aging.

The survey is part of a larger project to identify and address the unique needs of family caregivers in racially and ethnically diverse communities, American Indian and Alaska Native communities, and LGBT communities. The DEC is researching disparities in access to linguistically and culturally competent health care and social services among those served by the coalition and working to develop programs that will meet those caregivers' unique needs. This project also entails a literature review and focus groups on caregiving in diverse communities. The goal is to facilitate the development of training and educational programming for healthcare and social service providers, policymakers, and family caregivers themselves.

National Day of Advocacy

I can't believe it has over a month since I had the privilege of going of going to Washington, D.C. I was able to witness history as I took part in the first ever SAGE National Day of Advocacy. We were on Capitol Hill on the day they reintroduced the Equality Act, which protects people from discrimination on the basis of sexual orientations and gender identity in public accommodations, housing, employment, jury service and credit. I was able to meet with representatives from Senator Gillibrands office as well as Joseph Morelles office. I felt both meetings went very well. We left with the promise of support and both offices followed through -- they are now official co-sponsors of the Equality Act. We were also able to advocate for congressional support for the LGBT Elder Americans Act and the Elder Pride Act which would introduce specific protections for LGBTQ Seniors. If you would like to know more information on these bills you can visit CONGRESS.GOV. You can learn about more about the bills as well as our congressmen who support them. -- *Leslie Lamb*





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Can you help SAGE Upstate make a difference for older Gay, Lesbian, Bisexual, and Transgender People in Central New York? SAGE offers health programs, reaches out to people in seven CNY counties, connects people to resources and providers, and builds community by offering safe spaces for people to come together. Membership has been extended to all who participate -- no dues are requested. We still need support from those who are able to donate, and our year end appeal is your chance to do that. Please use the form below and make a donation today!

Yes! I want to support SAGE Upstate.

Name _____

Address , City, State, Zip _____

Phone _____ Email _____

Please accept my donation of \$_____ My gift is enclosed Please bill my credit card
 Please do not recognize my gift in SAGE publications

Card # _____ Expiration Date _____ CVV Code _____

Please mail your tax-deductible donation to: SAGE Upstate, 431 E. Fayette St. Syracuse, NY 13202

Or call Kim at 478-1923 to donate with your credit card by phone