

The end of the year @ SAGE



Above: December Potluck in Syracuse; Below: Uzuri Service Project assembled baskets for people in need



New Programs for 2018

Caregivers Group

Are you caring for someone with dementia? At times this can be very isolating. If you'd like to learn from others dealing with similar challenges, we have a support group for you. The Alzheimer's Association will hold a monthly support group in the SAGE Upstate Center starting January 2, and meeting on the first Tuesday of each month from 6 - 7:30 pm. The group will provide emotional, educational, and social support for caregivers.

For more information, contact the Alzheimer's Association at 800-272-3900 or www.alz.org/cny. Or, contact SAGE (315-478-1923)

Falls Prevention

Barb Genton will lead a falls prevention fitness class Mondays and Fridays at 11 am in the SAGE Upstate Center starting January 8. This is a follow-up to her 2017 series, but it's open to all -- those who took the class and those who did not. The exercises will focus on muscle strengthening, balance, flexibility, reaction time, and other skills that will reduce your risk for falls. The class is for people at all fitness levels -- challenges for those of you are experienced, and nothing too overwhelming for new folks. Incentives for participants will be provided.

Contact Hannah (315-478-1923 or hadr-cliff@sageupstate.org) to sign up.

Coming Up @ SAGE: Soup & Swap in February -- see details inside

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SAGE Upstate News is published bimonthly and features articles and resources 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 health and well being of GLBT people in Central New York as they age. SAGE Upstate 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 Shares

SAGE Shares is a group of volunteers who offer outreach to people in the SAGE Upstate community who are isolated, with the goal of connecting them to SAGE and other resources. Their efforts include sending cards, making calls and hospital visits, helping with rides and errands when possible, planning the annual memorial and other events to bring people together, and helping to coordinate the food pantry.

If you need help or would like to help, contact Kim at 315-478-1923 or kdill@sageupstate.org.

SAGE Upstate Food Pantry

Open Monday and Thursday, 3- 6 pm. Packages may be assembled for pick up or delivery at other times. The food pantry also includes food for pets-- if you need it, it's here for you whether you use the food pantry yourself or not. If you would like to donate to the food pantry, we will happily accept all non-perishable food donations in the Center during business hours, or bring them to the SAGE group you attend. To request a packet, contact Kim or Hannah:

kdill@sageupstate.org; hradcliff@sageupstate.org
315-478-1923 All requests are confidential.

SAGE Upstate programs are accessible unless otherwise noted.

SAGE Upstate supports the civil rights and promotes 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 SAGE Upstate sponsored services, 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.



January is National Radon Action Month

You can't see, smell or taste it, but radon could be present at a dangerous level in your home. The leading cause of lung cancer among non-smokers, Radon claims the lives of about 21,000 Americans each year. The EPA and the U.S. Surgeon General recommends testing for radon in your home, business, or school.

What is it?

Radon is a naturally occurring, radioactive gas found in soil and rock. It seeps into homes through cracks in the foundation, walls, and joints. Radon comes from the natural (radioactive) breakdown of uranium in soil, rock and water and gets into the air you breathe. It can get into any type of building—homes, offices, and schools—but you and your family are likely to get your greatest exposure at home, where you spend most of your time.

Health effects

Radon particles can strike sensitive lung tissue causing damage and increasing the risk of lung cancer. The higher the average radon level is in a house, and the longer the exposure period, the greater the risk to the occupants.

Test to be sure

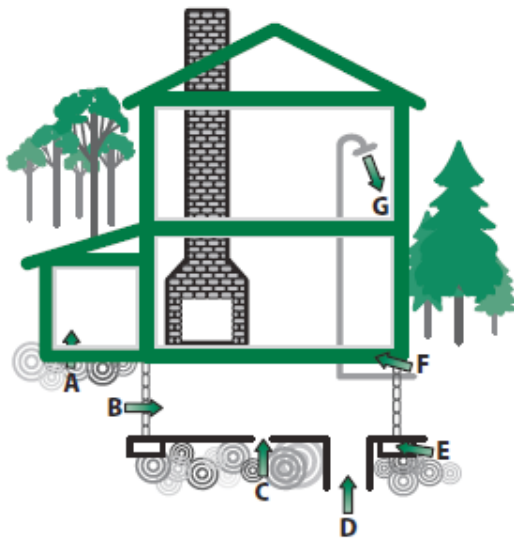
Testing is the only way to know if you are at risk from exposure to radon. If your home does have elevated levels of radon, you can install a radon reduction system. These systems should be installed by a certified radon mitigator. Radon reduction systems are low-cost solutions that work. Some radon reduction systems can reduce radon levels in your home by up to 99%. Even very high radon levels can be reduced to acceptable levels with a properly installed radon reduction system. Reducing radon reduces health risks.

You can get a radon test kit from the NYS Department of Health for \$11. Visit www.health.ny.gov/environmental/radiological/radon/testkit.htm to download a radon detector form. Many radon test kits can be found online or in home improvement stores. Follow the directions on the packaging for the proper placement of the device and where to send the device after the test to find out your radon level.

For more info:

For more information about radon, testing and fixing your home, or radon resistant new construction, visit the New York State Department of Health's Radon Program at www.health.ny.gov/environmental/radiological/radon/. Or contact them at : 518-402-7556 or radon@health.ny.gov

Where does it get in?



- A. Cracks in concrete slab
- B. Pores and cracks in concrete blocks
- C. Slab-footing joints
- D. Exposed soil, as in a sump
- E. Cracks between poured concrete (slab) and blocks
- F. Loose fitting pipes
- G. Water

Birth of Black History Month

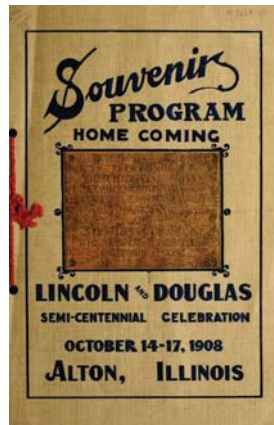
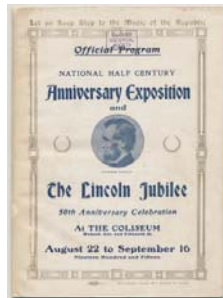
Black History Month, observed in February, is important for all Americans, especially groups who have struggled to be liberated here in the land of the free. Celebrating the achievements of African Americans was a controversial notion a century ago, when seeds of Black History Month were sown. Then again, celebrating the LGBT community with Pride Marches once seemed provocative as well. These are now a part of the fabric of our country, thankfully, but as we all know there is so much more work to do.



Fifty years after the 13th Amendment abolished slavery, a national celebration was held in Chicago in 1915. University of Chicago alumnus Carter G Woodson traveled there along with thousands of African Americans, to see exhibits highlighting the progress made since slavery was ended.

Inspired by the three-week celebration, Woodson decided to form the Association for the Study of Negro Life and History. He wanted to transcend race relations by dispelling wide-spread falsehoods regarding this community. He established *The Journal of Negro History* and began urging black civic organizations to promote the achievements that researchers were uncovering.

Woodson's fraternity brothers in Omega Psi Phi



created Negro History and Literature Week in 1924, which evolved into Negro History Week in 1926. Woodson built this initiative around traditional days of commemorating the black past, choosing the second week of February.

This coincided with the birthdays of Abraham Lincoln and Frederick Douglass which had been celebrated regularly by the black community. He was asking the public to extend their study of black history, not to create a new tradition. He wanted to go beyond these two historical figures too -- Woodson believed that history was made by the people, not simply or primarily by great men.

He never viewed black history as a one-week affair. He pressed for schools to use Negro History Week to demonstrate what students learned all year. In the same vein, he established a black studies extension program to reach adults throughout the year.

During the Civil Rights Movement in the South, the Freedom Schools incorporated black history into the curriculum to advance social change. The 1960s had a dramatic effect on the study and celebration of black history. Before the decade was over, Negro History Week would be well on its way to becoming Black History Month. And it did in 1976. Since then, every American president, Democrat and Republican, has issued proclamations endorsing the Association's annual theme.

In February, and all year long, SAGE Uptate honors the accomplishments of Black Americans, and all who have been left out of history. *For more information see the sources of this article: Black-past.org and history.com.*



**LGBT Welcome
Open and Affirming**

God is still speaking,

Plymouth Congregational Church
United Church of Christ
Sunday Service, 10 am
232 E. Onondaga St. 315-474-4836
www.plymouthuccsyracuse.org

@SAGE

Here's a look at our regularly scheduled programming.
For details, see the calendar or our web site.

MON



- **Falls Prevention classes** Mondays and Fridays, 11 am. All experience levels welcome.
- The **Monday Night Men's Group** is a closed support group held every Monday Night at 6. New members are added a few times each year. Call for info.

TUE



- **Ping Pong** is held in the center on the 1st and 3rd Tuesday at 3 pm.
- The **Alzheimer's Association** offers a support group at SAGE for people caring for loved ones with dementia on the 1st Tuesday at 6 pm.
- **SAGE Shares** meets every 4th Tuesday at 4 pm to plan outreach to isolated members of the SAGE community.

WED



- Join your SAGE friends for a meal out every 1st Wednesday at 9:30 with the **Breakfast Club**, and every third Wednesday with the **60+ luncheon**. Call for locations.
- The **Writers** group meets every Wednesday at 5:30 for writers of all levels and genres to share and support each others work.
- The **Knitting and Fabric Arts** group meets every Wednesday at 7:00 for beginners (they'll teach you) and people of all needlecraft skill levels.

THU

- On the 4th Thursday, the **SAGE Upstate Board** meets at 5:30 pm, and meetings are open to the community. If you would like to nominate someone for the board, call us.

FRI



- Every first Friday SAGERS meet for **3 O'Clock Pie** -- a social with board games and pie.
- **Men's Night Out**, a social for SAGE guys meets every 3rd Friday at 6:30 (pizza served).
- **SAGEVets**, a social/support group for veterans in the SAGE community, meets on the 4th Friday at 6 pm.
- Also, **Falls Prevention fitness classes** are held Mondays and Fridays at 11 am (see Monday)

SAT



- On the first Saturday of the month, join Les Wright for a classic **Movie Matinee**.
- The **Utica Potluck** is held on the 2nd Saturday, 5 pm, at Utica Unitarian, 11 Higby Rd. Bring a dish to pass if you are able.
- You might also want to bring a dish to pass for for the **Women's Potluck Social**, which meets on the 4th Saturday at noon in the center.
- **Uzuri for GLBT People of Color** meets on the last Saturday of the month at 5 pm.
- The **Trans Social** is held on the 1st and 3rd Saturday at 7 pm -- bring a snack to share if you wish.

SUN

- Bring a dish to pass if you are able to the **2nd Sunday Potluck in Syracuse** (431 E Fayette St, 2nd floor ballroom) or the **Oswego Potluck** on the 4th Sunday (Trinity Methodist, 45 E Utica).

Also meeting ...

Cortland Potlucks will be held quarterly, time/date location TBA. The **Women's Peer Support** group is reorganizing -- stay tuned for details. Those interested in participating in a new **Men's Support Group** should call SAGE.

For more info: 315-478-1923

Coming Soon: Soup *and* Swap



Do you have an old family soup recipe you'd like to share with your SAGE friends? Would you like the chance to swap unwanted new or gently used possessions? If you answered yes to either question, the Soup and Swap is for you. We are looking for a few good soup makers to fill up a crock pot and come to SAGE to vie for the coveted "1st Annual Soup and Swap Award." If you are interested, please contact Kim at 315-478-1923 or kdrill@sage-upstate.org. The event will be held sometime in the next few months in the 2nd floor Ballroom at 431 E Fayette in Syracuse. Participants can buy tasting tickets at the door, and will vote for their favorites.

But what about the "swap" piece of this whole deal, you may be asking. We all have those items in the basement that we once thought we needed but did not. Someone else may need or want that thing, so bring it to the Soup and Swap. Along with the soup tasting, we'll hold a swap meet with negotiations to be determined by you. Bring your item, work out a swap, or just take it home. Sound fair? Why throw it away or buy something new when you can "freecycle?" Stay tuned to the Sage Upstate Calendar and Weekly Email Update for the date!



SAGE Shares needs you

A central part of SAGE Upstate's mission is to counteract the isolation many older GLBT people feel, by connecting folks to SAGE and to each other. We offer programs in a safe and welcoming environment and people get the chance to build friendships and support networks. It's great when it works -- SAGE friends help each other when they are in need, celebrate with each other when times are good, and lean on each other when challenges come. Sometimes this doesn't work. Someone may be too ill to participate in SAGE functions. They may be unable to get to SAGE to meet others. They may be so isolated that they are fearful about reaching out. For a variety of reasons, there are still people out there who need to connect and SAGE Shares tries to reach them. Would you like to help?

See the next page to see how you can help.



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SAGE Shares needs you cont'd

Would you like to help SAGE reach out to people who need us? Consider coming to a SAGE Shares meeting on the 4th Tuesday of each month, 4 pm in the SAGE Upstate Center. In meetings, the group goes over needs that have arisen and brainstorms ways to help people. Often, people at meetings will volunteer to make a call, run an errand, or visit someone in the hospital. The group also oversees ongoing initiatives such as the food pantry, the annual memorial service, and working to make all programs more welcoming. You don't need to come to meetings to be involved in SAGE Shares though. Here are few other things you can sign up to do:

1. Make hospital visits
2. Give rides
3. Deliver food packages
4. Staff the food pantry
5. Volunteer at social gatherings
6. Facilitate a phone conference

If you sign up to be considered for these tasks, your name will go on an email or phone list. You will be contacted when needs arise, and if you are able you can help. If you are not able, there is no obligation.

Think about becoming a part of the SAGE Shares team -- your efforts big and small will make a difference for someone.



**Madison County
Office for the Aging, Inc**

Madison County
Office for the Aging, Inc

Our mission is to advocate, assist, and provide services that enrich the quality of life and promote the independence and dignity of older individuals

138 Dominic Bruno Blvd. Canastota, NY 13032
web: www.ofamadco.org 315-697-5700

How are we doing?



If you participated in a program in 2017 -- we want to hear from you! We sent out an online survey in December. If you have not already completed it, please do so today. It will help us make our programs better, and hopefully more relevant to you.

Our evaluation asks what you got from the program, what you would change, and also what you would like to see in the future.

If you'd rather fill out a paper survey, ask your group leader or contact Hannah at 315-478-1923 or hradcliff@sageupstate.org



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Address service requested



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 or Hannah at 478-1923 to donate with your credit card by phone