

Sage News

Upstate

Mar
Apr
2019

Vol
23
#2

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

Jan-Feb @ SAGE

At Left, Top - Bottom:
New Year's Day Social,
Syracuse Potluck,
Crafting in the Center.

Below:
Super Bowl Social



Your Feedback & Support Needed!

You may have heard some news about SAGE Upstate's state funding. The Department of Health grant that has supported us over the years will end in April. The grants we've received have come in five-year cycles. When we applied for this round, our proposal was approved but not funded. That means that available funding went to proposals that scored higher-- they were a better fit with what the state was looking for this time.

What happens now? Well, that depends on the support we can round up to replace state funds. SAGE will continue-- make no mistake about that. But what it looks like will be shaped by the amount of support we find in the community.

We ask for the feedback and the support you are able to give. You will receive our Spring Appeal with a pledge option -- think about that. We have new events coming up-- please attend and bring your friends. If you have a connection to a business or foundation that might support us-- please let us know. And if you have fundraising skills, we need you! You will hear more about this from us on this over the next few months -- please think about what you want SAGE to be in the future, and how you can be a part of that.

Coming Up



Lunch and Learn presentations on a variety of topics.
See page 5



Financial Wellness Series
in March and April
See page 5



Crafting in the Center:
Tissue Paper Art
See page 10.



Coming June 15



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.

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 Leslie Lamb
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 Brennen Dooley



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.**



FOOD PANTRY

Open Mon - Thu 3 - 6 pm. Packages may be assembled for pick up or delivery at other times. Includes pet food. 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 package, contact Kim: kdill@sageupstate.org or 315-478-1923 *All requests are confidential.*

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From the Executive Director

by Kim Dill



I haven't written a column in the newsletter for a while. It seemed like the time to start writing it again. We are entering uncharted territory -- SAGE Upstate with no state funding. Well, it has been charted -- SAGE operated for 6 years before the funding began, but that was almost two decades ago. I was thinking about how much has changed in those years, then I realized a lot has stayed the same.

When SAGE Upstate started in 1997, there was no Ellen show, no marriage equality, and if you were in the military they didn't ask but you couldn't tell. In Texas, it was still illegal to even be LGBT and act on it. Thankfully, we've seen some progress since then.

hasn't changed since 1997 is the fact that there are still people dedicated to making Central New York a better place for older LGBT people. It's like that often quoted adage by Margaret Meade: "Never doubt that a small group of thoughtful, committed citizens can change the

"... a small group of thoughtful, committed citizens ..."

However, the need that caused SAGE to form remains a critical issue. The question of who will take care of us-- older LGBT people-- when we get older. Many of us have severed ties with the family we were born into. Few of us have children to rely on for support and many of us live alone. I know -- and you probably know too -- that services exist to help us. But sometimes it feels risky to reach out. SAGE has built bridges with many aging service providers, but we all still remember the prejudice and discrimination of the past.

And in all honesty, it's getting scarier these days to think about reaching out into the mainstream. So much division, so much hateful rhetoric. We've watched as vulnerable groups in our society have been labeled dangerous, or criminal, or just too different to fit in. We wonder when our group will be singled out.

So, for many reasons, there is still a pressing need for a safe affirming space where older LGBT people can come together to build friendships and support networks. So I ask you -- can you help us keep SAGE going?

I already know the answer. Because another thing that

world. Indeed, it is the only thing that ever has."

The. Only. Thing. President Wilson didn't wake up one day and decide to give women the right to vote. It was thoughtful, committed suffragists who made that happen. Just like thoughtful, committed activists brought us the Civil Rights Act, and said no to harassment at Stonewall, and put the pen in Governor Cuomo's hand to sign GENDA. And thoughtful, committed SAGErs will take our organization into the future. I have no doubt.

I know you will give all that you can. That might be a big check or a big smile. It might be sponsoring the cost of programs or shouldering the responsibility of leading a group. We need people who will raise money and people who will send isolation into decline. We need it all. And we've got it right here.

Be aware-- after all of the checks and smiles and sponsorships and volunteering have been exchanged, what we have accumulated will build the SAGE Upstate of tomorrow. What kind of a SAGE do you want to see? Please show up and give what you can. Indeed, that's the only thing that will take us there.

Think about helping SAGE with a QCD

by Barb Genton

As SAGE Upstate is looking for support from the community, I wanted to share something with you that I've been doing for several years. I use a Qualified Charitable Distribution (QCD) and the donation goes to SAGE.

A QCD is available to anyone who has a traditional IRA and is age 70 and a half or older. It allows taxpayers claiming the standard deduction or itemizing to get a tax break for giving to charities. With this strategy, you can transfer funds from your IRA to a qualifying charity (like SAGE Upstate) income tax FREE. Interested? Contact your IRA custodian,-- they can clarify the rules to fulfill the QCD.

When you use a QCD, the funds transferred go directly to a charity without being added to your adjusted gross income. You can donate up to \$100,000 annually, and to be eligible you must be 70½ or older. A bonus: The money can count toward your required minimum distribution.

The QCD can't be distributed to you first and then donated; instead, the money must be transferred directly to the charity of your choice and if a check is issued, it must be made payable to the charity. You should instruct your IRA custodian to make the distribution directly.

"Be aware that some brokerages may require you to use their IRA distribution form or comply with other requirements," says Michael Kitces, director of wealth management for the Pinnacle Advisory Group, in Columbia, Md. Contact your own company for further information.

We all have options for giving in the way that works best for us, but it's important that we think about those options now and act, so SAGE can stay strong. I wanted to share this information for those of you who may find that a QCD fits with your giving goals.

Join us for potlucks in Oswego and Utica

SAGE Upstate Potlucks in Oswego are held on the 4th Sunday of each month, 2 pm, at Trinity Methodist Church, 45 E. Utica. In March: 3/24. In April: 4/28.

SAGE Upstate Potlucks in Utica are held on the 2nd Saturday of each month, 5 pm, at Utica Unitarian, 10 Higby Rd. In March: 3/9. In April: 4/13.

Bring a dish to pass if you are able.

SAGE Upstate's Trans Social

meets on the first and third Saturday of every month, 7 pm, in the SAGE Upstate Center, where members of the trans community can meet for social time and support.

Uzuri for LGBT People of Color

meets on the fourth Saturday of every month, 6 pm, in the SAGE Upstate Center, for food, fun, and support.

Program News

by Leslie Lamb

Hello
Everyone!



It's been a pretty rough winter so far, I hope that it's almost over. I've settled in to my new position and have enjoyed meeting so many of you. I've been working on a variety of different programs and workshops for 2019. Many of you have suggested program ideas and topics you would like to have covered – I am working hard on getting as many of those on the calendar as possible. See right for all the things coming up, including a presentation on scams, and Dine and Discuss events on finances and self defense. I am also putting together a series of health workshops; each month we would cover a different health topic such as cancer, stroke, and diabetes, followed by sharing a healthy snack. If you would like to see a program or group on a specific topic, let me know and I will see what I can do. If you have any questions about these programs feel free to contact me at llamb@sageupstate.org.

SEC-NY Federal Credit Union Series on Financial Well-Being

Presenter: Karen Ellis

Protecting Against Fraud: Sunday 3/10

Recognize, respond and take steps to prevent common types of fraud such as identity theft, credit card fraud and online fraud. Offered at the Syracuse Potluck (Social time 4 pm, Presentation 5 pm, Dinner 6 pm)

Your Spending Your Savings Your Future

Thursday 3/21, 11 am

This Lunch and Learn session will help participants gain money management skills with a basic approach to spending, saving, and planning.

Lunch served after presentation.

Risk and Protection Thursday 4/4, 11 am

Another Lunch and Learn: Protecting what you own – it's a critical part of individual or family financial planning particularly for lower-income earning homeowners and renters. Lunch served after presentation.

Senior Self-Defense Workshop

Thursday 3/28, 11 am

Lunch and Learn

June Worden, founder/owner of Syracuse Self Defense, will provide a workshop on situational awareness and safe ways to defend one's self in the event of an attack.

Lunch served after presentation.

Breast Cancer Awareness

Thursday 4/18, 11 am

Lunch and Learn

Dr. Leslie Kohman, from Upstate Meducal Center, seeks to improve your basic health literacy around breast cancer-- she will offer information on the disease, risk factors, and prevention measures.

Lunch served after presentation.

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,

Nottingham Pet Clinic, P.C.
120 Julian Place
Syracuse, NY 13210

(315)446-9241

www.nottinghampetclinic.com



5 Tips for Older LGBT people on Avoiding Fraud

The isolation faced by many LGBT older adults can make us more vulnerable to scams. Whether it's telemarketing, identity theft, healthcare fraud, or any other ploy, we can educate ourselves and those around us for protection.

1. Unsolicited Phone Calls



Never give personal information over the phone to someone you don't know. Scammers may pose as representatives of banks, credit card companies, or government agencies to get personal info. Don't give it to them -- hang up and call the phone number on your statement to find out if the request was legitimate. Keep sensitive personal and financial documents secure; shred receipts, credit offers, statements, and expired credit cards. The phone company may be able to block certain callers. You can also put your phone number on the Do Not Call Registry at 1-888-382-1222.

4. Watch your statement



Review your credit card and bank statements at least monthly to find unexplained charges and report them to the bank-- even if they are small. When credit card details are stolen, it is common for thieves to put through a small initial charge to ensure the card is still valid. Credit card companies and banks may allow you to set up activity alerts to keep track of banking activity closer to 'real time' rather than waiting for monthly statements. Credit monitoring companies are required to provide free credit reports at least annually. Take advantage of this and review reports to check for accounts that you didn't open.

2. Healthcare/Medicare Fraud



Scammers may try to get your social security number to defraud healthcare programs or personal accounts. Other schemes may offer fake marketplace assistance, medications, supplements, or weight loss products., They may reach you through calls, emails, ads ,links in forums, and fake websites. Neither Medicare nor Social Security will call to ask for your bank information or SSN. There will never be a fee charged to get a Social Security or Medicare card. Always review your medical bills to spot records of services you didn't receive.

5. Tech Support Fraud



Scammers may claim to provide customer, security, or technical support in an effort to defraud unwitting individuals and gain access to their devices. Do not give control of your computer, credit card, or financial information to a third party that calls you out of the blue. Remember that legitimate companies will not initiate unsolicited contact with individuals. If you want to contact tech support, call them directly. If a caller repeatedly pressures you to buy or charge fees, resist the pressure to act quickly, and hang up. Criminals often use a fabricated sense of urgency to lure them into immediate action. Make sure you have updated all of your computer's anti-virus software, firewalls, and popup blockers. Install ad-blocking software that eliminates or reduces pop-ups.

3. Investment Fraud



These -- retirement schemes, pyramid schemes, Ponzi schemes and the like-- usually offer large returns with minimal risk. If you do business with an unlicensed broker or a firm that goes out of business, you may have no way to recover your loss. Contact your state securities regulator to see if the opportunity you are considering is registered. You can check out the disciplinary history of brokers for free using the SEC's and FINRA's online databases. Scam artists are hoping you won't investigate before you invest. Never make a quick or unsubstantiated decision on an investment.

Want to know more?

Come to the Syracuse Potluck on March 10 for a presentation on scams (see page 5)

Check out this fact sheet and others designed for older LGBT people at the National Resource Center on LGBT Aging at www.lgbtagingcenter.org

Donate your birthday to SAGE

If you love to get those B-Day gifts, we get it. But, if you have everything you need, you might want to suggest your friends donate to SAGE as a present to you. You can do it on Facebook -- simple instructions are posted on our Facebook page and on our web site. It's an easy way to donate AND at the end of the year, we'll throw a party for everyone who uses their birthday to raise donations for SAGE.



2019 CNY Gay 5k Longbranch Park June 15

Proceeds benefit SAGE Upstate. Watch for registration materials in the SAGE Upstate Weekly email and on our web site at www.sageupstate.org. Interested in sponsoring? Contact Kim at 315-478-1923 or kduill@sageupstate.org

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Colorectal Cancer Awareness Month: Don't Assume



March is National Colorectal Cancer Awareness Month, and the Colorectal Cancer Alliance is challenging you to avoid assumptions and get more information about colorectal cancer that may help you or a loved one manage this deadly disease.

Colorectal cancer – cancer that starts in the colon or rectum – is the third most commonly diagnosed cancer and the second leading cause of cancer death in men and women combined in the United States. At the same time, it's also the most preventable and treatable type of cancer. The five-year survival rate for colorectal cancer found at the local stage is 90 percent, compared to 14 percent for colorectal cancer found at distant stages. Get more information at www.ccalliance.org.

American Cancer Society Screening Guidelines

People at average risk of colorectal cancer should start regular screening at age 45. People who are in good health and with a life expectancy of more than 10 years should continue regular colorectal cancer screening through the age of 75. For people ages 76 through 85, the decision to be screened should be based on a person's preferences, life expectancy, overall health, and prior screening history. People over 85 should no longer get colorectal cancer screening. **People at increased or high risk** of colorectal cancer might need to start screening before age 45, be screened more often, and/or get specific tests. If you're at increased or high risk of colorectal cancer (or think you might be), talk to your health care provider to learn more. For more information visit the American Cancer Society website at www.cancer.org.

Who is at increased risk?

People with one or more family members who have had colon or rectal cancer: Screenings needed depends on who had cancer at what age.

People who have had certain types of polyps removed during a colonoscopy: Most will need to get a colonoscopy again after 3 years, and some may need another screening sooner.

People who have had colon or rectal cancer: Most will need regular colonoscopies and other procedures within a year.

People who have had radiation to the abdomen or pelvic area to treat a prior cancer: Most need to start having colonoscopies at an earlier age.

Who is at high risk?

People with inflammatory bowel disease (Crohn's disease or ulcerative colitis): Generally need to get colonoscopies every 1 to 2 years, starting early.

People known or suspected to have certain genetic syndromes: Screening is often recommended to begin at a young age.

Nutrition & Health Expo for Seniors

Saturday, March 23, 2019
10am - Noon

CNY Regional Market "F" Shed
2100 Park St. Syracuse, NY 13208

Call **Allison Lawson** at 315-435-2362
Ext. 4987 or email:
AllisonLawson@ongov.net by 3/15/19
to **register** and for special
accommodations

- Community Resources
- Health Screenings
- Exercise Classes
- Healthy Cooking Demos
- Massages
- Light Breakfast

Stop by
the SAGE
Upstate
Table!



Onondaga County Office for Aging 315-435-2362 www.ongov.net/aging

National Day of Advocacy

On March 13, LGBT elders and older people living with HIV from across the country will gather in Washington, D.C., for SAGE USA's first-ever National Day of Advocacy. SAGE is calling people to advocate for LGBT rights, which are currently under attack by the federal administration. The event includes a rally and meetings with members of Congress.

Activists will be advocating on a wide variety of issues. There will be a call to reauthorize the Older Americans Act, which provides funding for programs like Meals on Wheels and others that allow people to age in place. Also among the "asks" will be support for national civil rights legislation to protect LGBT older people and others from discrimination on the basis of sexual orientation or gender identity. Activists will also advocate for mandating more federal government engagement and coordinated research on HIV and aging.

SAGE's National Day of Advocacy will be held in conjunction with the annual meeting of SAGE affiliates from around the nation. Our own Leslie Lamb will be attending -- she'll report back to us in the next issue of the SAGE Upstate News. Interested in participating in the National Day of Advocacy? Visit SAGE USA's website at www.sageusa.org to sign up.



SAGE Upstate walkers meet every Thursday at 11 am at Destiny USA near Panera. When it gets nicer, they'll walk outside. Some of the walkers are prepping for the CNY Gay5k coming up on June 17. Others just want to keep active. The group is for walkers of all exercise abilities.

Have you completed a participation survey?

If you participated in programs at SAGE Upstate in 2018, please complete our evaluation survey. You can find it on our website at the top of the page, and it takes under 10 minutes to fill out. It asks about your experience in programs, what you liked, and what you would change. You can also tell us what you'd like to see in the future. These evaluations help us tune up our programming and make sure we are offering what you want. Please, take a few minutes and complete it now at: www.sageupstate.org.

Walla Berger
Hair Stylist
315.345.5894
315.437.8357

6701 Manlius Center Rd
East Syracuse, NY 13057

SAGE Program Pics



Crafting in the Center: Tissue Paper Art: Tuesday, March 12, 4:30

Join Brennen Dooley in the center for this craft, which uses special tissue paper. We'll use water and brushes, and glue the pieces onto watercolor paper. This tissue paper "bleeds" its pigment when wet; it can be removed to leave color on the paper, or can stay on the paper to add a unique texture. As always, we'll order food to replenish us after we've used all that energy being creative.

Please let us know if you are coming so we can order supplies.

Contact Leslie at 315-478-1923 or llamb@sageupstate.org.



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Annual Meetings in April

Once again this year at all April Potlucks, SAGE Upstate will hold Annual Meetings, which feature a report on programs and finances for the year 2018. A slate of board candidates will be distributed in March, and announced at the meetings. SAGE Upstate is YOUR organization; please plan to attend to hear about the organization's activities, ask questions, and give feedback.

Utica: April 13, 5 pm

Utica Unitarian, 10 Higby Rd.

Syracuse: April 14, 4 pm

431 E Fayette St. 2nd Floor Ballroom

Oswego: April 28, 2 pm

Trinity Methodist Church, 45 E. Utica



Pledge campaign coming your way . . .

Our Spring Fundraising Appeal letter will be reaching you sometime in March. This year your support is needed more than ever before. The organization faces the challenge of continuing to offer health and wellness programming without state funding. If you believe in the importance of supporting programs for older LGBT People in Central New York, please consider giving what you can.

This year, we are encouraging donors to think about pledging. Knowing that funding is coming in month to month will make it easier for us to plan with no interruption of services.

Think about skipping getting that coffee at Recess or Dunkin Donuts just once a month and pledge the \$5 to SAGE. Or maybe you could pack your lunch once a month and donate \$10. Here's an idea: wait until that movie is at Redbox, then snuggle up at home for date night and send the \$25 a month to SAGE. If you could pledge \$50 a month, we would be very grateful.

Of course if you'd rather give a one-time gift, please know that every donation will help. And if you can't donate, please just show up for programs and share your smiles. Or volunteer. It all will help take SAGE into its next phase. As always thank you all for your support of this organization. We're here because of you.



ARE YOU A DEMENTIA CAREGIVER?

Attend an Alzheimer's Association Caregiver Support Group

The Alzheimer's Association Caregiver Support Group meets at SAGE on the first Tuesday of each month, 6pm. For more info: 1-800-272-3900 www.alz.org/cny



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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