

Sage News

Upstate

September
October
2019

Vol
23
#5

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



SAGE Upstate 7th Annual Community Dinner: 10/5



Join us on October 5 for SAGE Upstate's 7th Annual Community Dinner at the Harrison Center, All Saints Church (1340 Lancaster Ave, Syracuse). You can expect gourmet food, a silent auction and great entertainment again this year. The event is truly a community effort, and there are so many ways to participate. Here are four:

1. Come and have a delicious dinner

Prepare to have your tastebuds tantalized at this feast. Friends of Dorothy Kitchen Crew will be joined by the Bear Garden, Thanos Imports and others to create your fine dining experience. Listen to this menu: Harvest Chopped Salad, Sage Roasted Turkey, Seasonal Squash, Oven Fried Apples with Cranberries, Green Beans, Rolls and Butter ... and that's just part of it!

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Story on page 6

Summer @ SAGE



See more photos: Pg 10

Coming Up

Falls Prevention



It's Back!
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Film Forum: New time



Join us for *But I'm
A Cheerleader* p 7

Halloween Dance



Saturday 10-26
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Healthy Aging Series



See page 7

Spaghetti Lunch



@ Plymouth UCC 9/15
see page 4



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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 Kim Dill
 Program Administrator:
 Leslie Lamb

SAGE Upstate's Trans Social
 for members of the trans community to meet for social time and support.

Returns to regular schedule in October
 September: Third Saturday
 October: First and Third Saturday
 7 pm in the SAGE Upstate Center



SAGE programs are accessible unless otherwise noted.

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



A Community Dinner

It's hard to believe that it's been seven years since the first Annual Community Dinner. What great times we've had, thanks to the culinary skills of Friends of Dorthy Kitchen Crew and the visionary leadership of Will Doswell, Barb Genton, Steve Simon, Bob Bezy, Judy Papenfus and many others. It was important for us, when we started, to make this a "community" dinner. It needed to be a celebration of what brings us all together and keeps us centered. We wanted SAGE friends-- volunteers, participants, staff, board,

get the picture. You'll see it at your table too-- people from different organizations and different parts of the community will all be breaking bread together.

We've been lucky to have the contributions of talented performers year after year too. Joe Downing, Frank Fiumano, Kyle Bass, Lee Dreamer, Lauren Johnson-Albaroni, and the Syracuse Gay and Lesbian Chorus to name a few. For our 20th Anniversary, Coy Ludwig and William Knodel shared their experiences SAGE's the early days. This year, we plan to look back at Syracuse LGBT history too -- we're

... it's a community effort ... so many people donate their time -- the cooks and servers, businesses, the dedicated group that starts planning months in advance, even the people who set the tables.

donors -- and community leaders and allies to sit down together for an elegant dinner. For this reason, there would be no set ticket amount, all would be welcome for whatever they are able to donate. We worked to bring home the fact that all of these folks are part of what keeps SAGE going.

Behind the scenes, it's a community effort too. So many people donate their time-- the cooks and servers, the businesses who donate auction items, the dedicated group that starts planning months in advance, the advertisers and sponsors, even the people who set the tables.

Why do people give so much? They believe in supporting SAGE's mission of improving health and reducing isolation for older LGBT people. They believe in community.

You will see community at this event. There will be 15 or so tables each set by a different community member and each its own colorful personality. The auction tables will sparkle with treasures-- here's where you find out how many lovely things our community has to offer. There'll be quilts and ceramics, antiques and tech gadgets, paintings and knitting, and baskets, and baskets, and baskets ... you

still in the planning stages, but prepare to take a trip down memory lane.

We come together to celebrate. Think of what we've all been able to accomplish over the past 22 years! I wish you could see what I see every day in the center; hear what I hear from people who come to SAGE. They say it's the place where they feel they can be who they are -- for some, the only place. They tell me they were alone before they found SAGE. I hear them laugh together and see them comfort one another. I watch them walking and exercising together and see them smile when they tell me they feel better because of it. I know that when someone needs help in a crisis, they often pick up the phone to call someone they've met at SAGE.

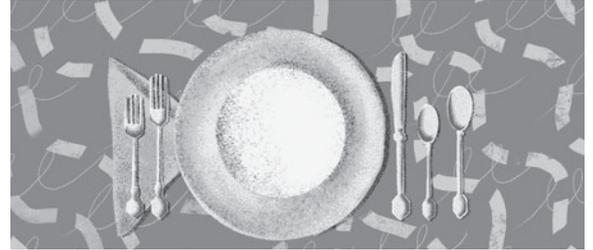
It's a love connection too. How many of you met your partner at SAGE? There are many happy couples today because SAGE was there. But not just that kind of love-- SAGE connects people in many heartfelt ways. And because of this and everything else, we sit down together once a year and celebrate the community that made it possible. Hope to see you there.



Fitness Classes Start Again

Barb Genton is back to lead Falls Prevention Fitness Classes every Monday and Friday at 11:15, starting on September 23. The program is welcome to newcomers and to those who've taken it before. Exercises focus on balance and strength, to reduce your risk for a fall.

Plymouth UCC hosts Luncheon Fundraiser for SAGE Upstate



Please join us at Plymouth Church (232 E Onondaga St) on Sunday 9/15, 11:30, for a luncheon buffet! You'll have your choice of a number of tasty dishes (or maybe you'll try a bit of all of them). There will be pasta salads, green salads, gluten-free dishes, vegetarian options, and more-- fresh bread and yummy desserts too. Donations of any and all amounts will be appreciated.

Are you in that in-between age?

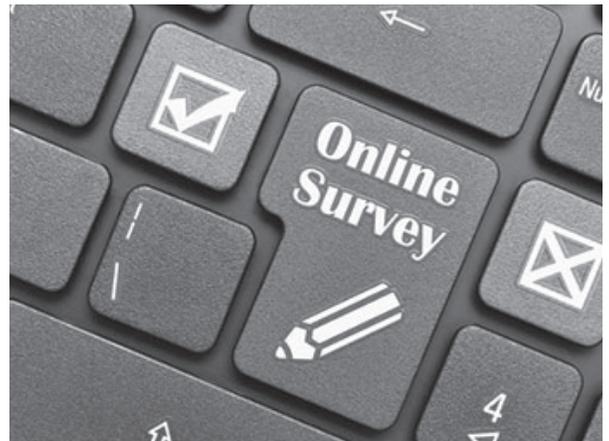
Too old for youth programs but too young for SAGE?

engage with **SAGE** Upstate

If so, Engage with SAGE! By the way, you're never too young for SAGE -- our programs offer supportive space for older LGBT people, but anyone can participate! And, we are launching a new initiative geared to people in the "in-between age," folks in their 30s and 40s -- programs like trivia nights, socials, nights out on the town, and more. Sign up at sageupstate.org

Next Gathering: Friday, 9-27, 6 pm @ Wunderbar

Uzuri is Regrouping



Uzuri members are in the process of reorganizing, and we'd like to hear from LGBT People of Color who have participated over the years (and those who might be interested in participating in the future). Watch for an online survey, asking you to weigh in on programs you'd like to see, meeting days/times, and other issues.

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.

Program News

by Leslie Lamb

Coming up in September

Lunch and LEARN: CBD-Is it for me?

Thursday September 5 @ 11 am

David Brickman owner of Hemp It Up! will be giving a presentation on the history of human use of Cannabis sativa; the Endo-Cannabinoid system; how CBD and other supplemental cannabinoids can support good health; and how to shop for products that are safe and effective. Lunch will be provided. If you are interested, please RSVP to llamb@sageupstate.org or by calling (315) 478-1923.

Engage with SAGE

Friday September 27 @ 6 pm

Meet up for people in their 30s & 40s (and others welcome) for some drinks, meeting new people, talking about future programs and outings. This program is for you so I need ideas!

Alzheimer's Walk

Sunday September 29 @ 1 pm

Join our SAGE team as we walk to end Alzheimer's. Most of us have known and loved someone who has been, currently is, or will be affected by Alzheimer's. Let's walk together for them. Aging with Pride, Walking for a Cure!

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,

Well, things may be winding down for summer but not here at SAGE Upstate!



We have some exciting programs coming up in the next few months. In October and November we will be offering a 6 week series on Healthy Aging. Lunch will be served at each session. We want to feed your mind, body, soul and stomach! Stay tuned as we provide more information on each presentation.

We have begun to roll out our new initiative "Engage with Sage". On Friday, September 27 we will be gathering at Wunderbar at 6 pm. If you are in that age between youth and SAGE and want to meet new people, feel free to join us. We will talk about future programs and outings that people would be interested in participating in.

This year SAGE Upstate has formed a team for the Alzheimer's Walk. We would like you to join it -- sign-up at <http://act.alz.org/goto/SAGEUpstate>. The walk will be held on Sunday, September 29.

I have heard quite a few people talk about CBD oil, curious as to whether it works, should they try it, etc. So, I put together a Lunch and Learn -- CBD-Is it for me? -- to answer your questions. The program will be on Thursday September 5. David Brickman, owner of Hemp It Up! will be giving the presentation on the history of Cannabis, how it works in our body, what's out there to purchase and how to get things that are safe and effective. Lunch will be provided. If you are interested, please RSVP to llamb@sageupstate.org or by calling (315) 478-1923.

As I always say, if you have any ideas for programs, lunch and learn topics, etc. don't hesitate to reach out and let me know. I am always looking for new ideas and trying to provide programs that YOU want.

Thank you for making Barb WellCare Champion!

She Won! SAGE Upstate receives \$10,000

Thank you to everyone who voted for Barb throughout the campaign -- you are our champions, and thanks to you, SAGE Upstate gets some needed funding. Thanks also go -- of course -- to Barb, for being who she is. Here's the story from our nomination.

Many of you know Barb Genton from her various roles at SAGE. We nominated her for encouraging countless older adults in CNY to live their most genuine lives, to keep active, and to age in the healthiest way possible. She's done this at SAGE, as an activist for breast cancer awareness, and in her personal life as a cancer survivor.

Barb was already active in the fight against breast cancer when she was first diagnosed at 52. After her diagnosis and through recurrences of cancer in her 60s, she championed the cause even more. Working with the Susan G Komen Foundation she organized the Pink Ribbon Runners and won several awards for her service. She started running at age 40, and over her 22 year career she has run over 30,000 miles. However, as she was making great strides on the race track, it was difficult to take even a few small steps outside of the closet during her professional career.

She was a school teacher for 36 years, and unable to be out. All of that changed when she retired. Seeing the chance to make a difference at SAGE Upstate, she dove in headfirst and moved past those days of isolation and hiding. In stages, she became more open and vocal on LGBT rights, as a volunteer, as a board member, and in many other roles. During the past 14 years, Barb's guidance helped the organization grow – from one small office to our current space that hosts 30 programs per month. She led the board, worked on fundraising and capacity building initia-

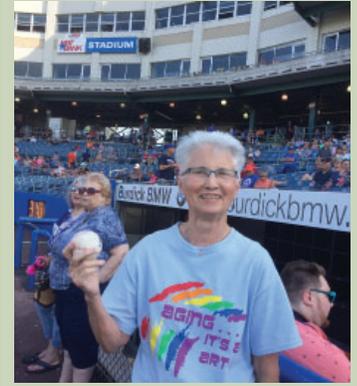
tives and takes part the small stuff too: decorating for dances, soliciting donations for silent auctions, selling raffle tickets. She now teaches a falls prevention fitness class in the center. Her efforts at SAGE earned her the Onondaga County Office for Aging Senior Citizen of the Year award in 2010.

Barb inspires us all at SAGE Upstate. She motivates others with the wisdom to see the big picture and the kindness to make people feel seen as individuals. She is passionate about building a safe space where people can live as they are meant to live, and care enough about their health to take care of it.

Here's why Barb chose SAGE to benefit from her championship: "I see so many people come to SAGE, isolated and alone. This donation will ensure that the next person who comes through the door looking for community will find it.

"Maintaining your health and mobility is a critical part of aging healthy. My recent efforts at SAGE Upstate have been focused on falls prevention. When you are working with a community that is reluctant to reach out for help for fear of prejudice and discrimination, a fall can be even more catastrophic. Participants in the class report an increase in mobility and overall health.

"Falls prevention is just one example of what SAGE can do. I support SAGE Upstate so it will continue to be there for older LGBT people long into the future. This donation will move us toward that goal."



**In October:
Healthy
Aging
Series**



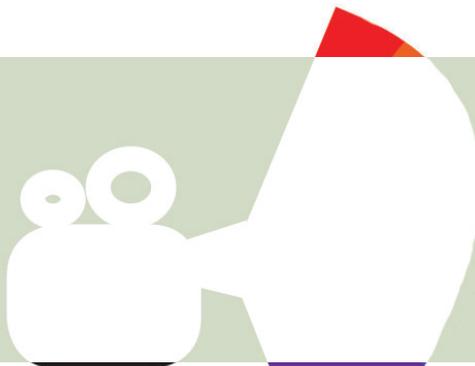
Funded by the Emerson Foundation

Next month, SAGE will offer a six-part series on topics related to healthy aging. Each installment will be led by a community professional, from organizations such as the Onondaga County Office for Aging, the Alzheimer's Association, Jewish Family Services and Aurora. Classes will be offered in a "Lunch & Learn" format-- a presentation followed by a meal.

In addition to offering the classes in the SAGE Upstate Center, each part of the series will be videotaped and offered online so more people will be able to take advantage of the information provided.

The series is funded in part by the Fred L. Emerson Foundation, which provides support to community organizations in Central New York area where its founder lived and worked.

Classes are free, but participants must RSVP to Leslie at llamb@sageupstate.org or 315-478-1923. Check our website in the coming weeks and/or watch the weekly email) for a complete schedule.

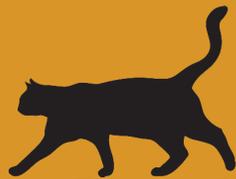


New day/time for the LGBTQI Film Forum: Third Tuesday @ 6 pm

This month: *But I'm A Cheerleader* Tuesday 9/17

**GET
YOUR
COSTUME
READY!**

**SAGE
UPSTATE
HALLOWEEN DANCE
SATURDAY OCTOBER 26
7 - 11 PM**



431 E. Fayette St. in Syracuse. Costume Contest, Raffle, Pizza \$5 suggested donation



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Community Dinner, continued

You can find your invitation enclosed in this issue. Just complete the RSVP card and return it with your donation and your seat will be reserved. You'll note that there are suggested donation amounts, and a space for any amount. We mean it-- if you are able to give generously, please do, but ANY amount you give will be appreciated.

2. Create YOUR table.

Tables at the Community Dinner are hosted by individuals-- SAGE board members, volunteers, and community members-- and each will have its own unique flair. All you need to do to host a table is provide a place setting for 8, a tablecloth, and a centerpiece if you choose.

3. Help us make our Silent Auction great

You'll get a good look at the treasures in the Silent Auction when they are posted on our web site (www.sageupstate.org) later this month. Where do these items come from? They are donated by individuals and community businesses. Do you know of a business that might want to donate an item? Let us know.



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4. Make sure your organization is represented

We hope our community partners will join us at the event. If you are a part of an organization or business in the community, please consider having someone come to the dinner. And when they do, let us know so we can announce it. We want the people in the room to look around and see their community. Another way businesses and organizations can be a part of the event is advertising or sponsoring. Call us for more information.

SO -- what are you waiting for? Fill out the RSVP card and/or call SAGE today. We can't wait to celebrate with you again this year!



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Eat these for your eyes

Nutrients can help prevent cataracts, macular degeneration, glaucoma, and other vision problems. The Academy of Nutrition and Dietetics recommend these five foods to help your eye health. **See more at eatright.org**

Salmon

Getting omega-3 fatty acids into your diet can help with dry eyes. You should try to get some healthy fats on your plate every day. This could be salmon or other types of fish (two to three times per week), walnuts (which also contain eye-healthy vitamin E), flax and chia seeds. Salmon also is a good source of vitamin D, which helps protect against macular degeneration. You also can get vitamin D by enjoying sardines, mackerel, milk and orange juice fortified with vitamin D.

Sweet Potatoes

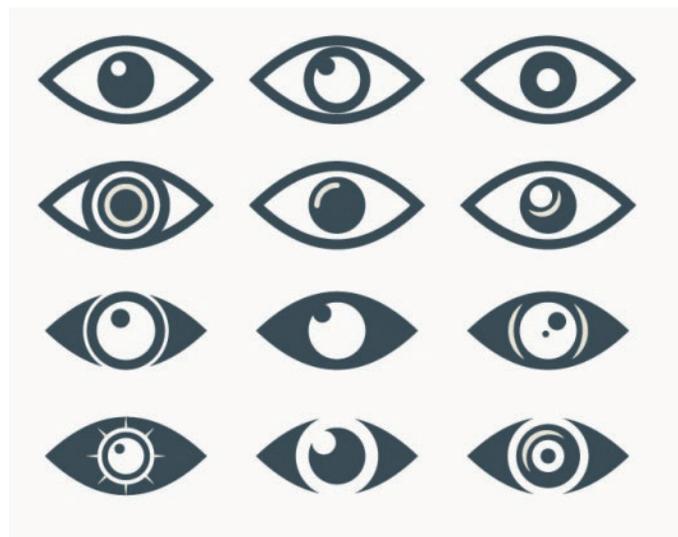
The beta carotene in sweet potatoes may slow progress of macular degeneration. In the body, beta carotene is converted to vitamin A, which helps prevent dry eyes and night blindness. Beta carotene and vitamin A also help reduce the risk of eye infections. You can also get beta carotene from other orange-colored foods like carrots and butternut squash. Dark green foods like spinach and collard greens have it too, and so do liver, milk and eggs. As with kale, the nutrients in sweet potatoes are best absorbed with a little healthy fat.

Green Tea

Antioxidants-- that's what you'll get in a cup of green tea. It's also relaxing and delicious. Antioxidants may help lower risk of developing cataracts and macular degeneration. Green tea contains catechins, which are responsible for its anti-inflammatory and antioxidant properties. Other foods that are high in catechins include red wine, chocolate, berries and apples. Black tea also boasts catechins, but in lower amounts than green tea.

Strawberries

They're fresh, they're juicy and they contain plenty of vitamin C, which is an antioxidant that can help lower your risk of cataracts. You'll also find lots of Vitamin C in bell peppers, broccoli, citrus (such as orange and grapefruit) and cantaloupe.



Kale

It's a rich source of lutein and zeaxanthin, which are believed to protect eye tissues from sunlight damage and reduce the risk of cataracts and macular degeneration. Other dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, mangoes and honeydew melon are also good sources. To help with absorption, eat them with healthy fats like olive oil or avocado. Kale also contains vitamin C and beta carotene, other eye-friendly nutrients.



ARE YOU A DEMENTIA CAREGIVER?

Attend an Alzheimer's Association Caregiver Support Group

**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 & Events

Crafting Cookout



Arts Fest



Syracuse Picnic



Beads for the Arts Fest



Pet Photo Booth



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Syracuse, NY 13210

(315)446-9241

www.nottinghampetclinic.com



Health Threats from High Blood Pressure

Most of the time there are no obvious symptoms. Certain physical traits and lifestyle choices can put you at a greater risk for it. And, when left untreated, the damage that high blood pressure does to your circulatory system is a significant contributing factor to heart attack, stroke and other health threats. Nearly half of American adults have high blood pressure. (Many don't even know they have it.)

High blood pressure can affect so much

The damage done by high blood pressure usually takes place over time. Left undetected (or uncontrolled), high blood pressure can lead to:

Heart attack : It causes damage to arteries that can become blocked and prevent blood flow to the heart muscle.

Stroke: It can cause blood vessels in the brain to clog or burst.

Heart failure: It causes increased workload for the heart, which can enlarge and fail to supply blood to the body.

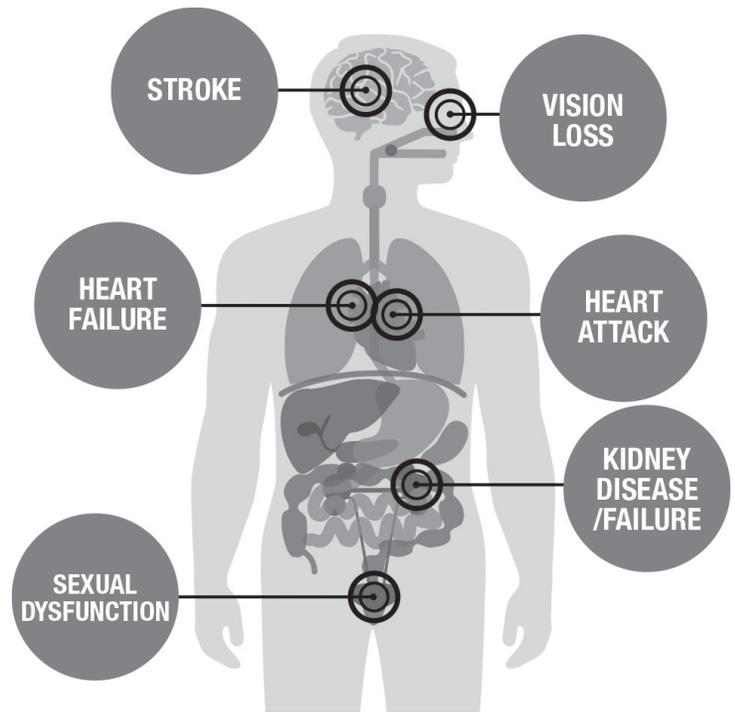
Kidney disease or failure: It can damage the arteries around the kidneys and interfere with their ability to filter blood effectively.

Vision loss: High Blood Pressure can strain or damage blood vessels in the eyes.

Sexual dysfunction: It can lead to erectile dysfunction in men or lower libido in women.

Angina: Over time, high blood pressure can lead to heart disease or microvascular disease (MVD). Angina is a common symptom.

Peripheral artery disease (PAD): Atherosclerosis caused by high blood pressure can cause a narrowing of arteries in the legs, arms, stomach and head, causing pain or fatigue.



Know your numbers

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

©American Heart Association

heart.org/bplevels

The best way to know if you have high blood pressure it is to have your blood pressure checked. The chart shows what's considered normal, as recommended by the American Heart Association. A diagnosis of high blood pressure must be confirmed with a medical professional. A doctor should also evaluate any unusually low blood pressure readings.



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*Your Invitation to the 7th Annual SAGE Upstate
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