

Serving Older Gay, Lesbian, Bisexual, and Transgender People in Central New York



## 2020 Potlucks to gather friends for discussion, programs

We asked for feedback on our potlucks and you gave it. Thanks, and here's our 2020 potluck program schedule.



January: **On My Way Out: The Secret Life of Nani and Popi** This documentary tells the story of Roman (Popi) and Ruth (Nani) Blank who are Holocaust survivors and have been married for 65 years. Roman is gay, and Ruth has been aware of it. At age 95, Roman works on coming out, and Ruth helps him. The film lasts 40 minutes, so we'll have plenty of time to discuss!

risk test. What can you do? If there is interest, SAGE will collaborate with HealthConnections to offer a CDC evidence-based risk reduction program. At the February potluck, find out all about it.

March: **Discussion: What do all of these terms mean to you?** There are more terms to describe the LGBT experience than when we came out. What do they all mean? Which are the right ones to use? How do you identify?

Thank You **EMPOWER** FEDERAL CREDIT UNION®  
for sponsoring SAGE Thanksgiving Potlucks



February: **One in Three: Prediabetes** A third of all US adults have prediabetes, which means they are at higher of developing diabetes type 2. How can you find out? There's a simple

April: **Annual Meetings** At all potlucks, SAGE will present its annual report, detailing program, finance, and participation information for 2019.

Continued: see "Potlucks" on p 2



Coming Up



Falls Prevention Fitness Class starts again on 1/13

**Sage Vets**

Meets 3rd Tuesday of each month. See p. 5



Are you at risk? See p. 3



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, copies of the Annual Report available upon request. For more information or ad rates, contact Kim Dill at 315-478-1923 or kdill@sageupstate.org.

### SAGE Upstate Board

Chair: Rob Pusch	Vivian Derrickson
Vice Chair: Bob Bezy	Gary Fitzgerald
Treasurer: Greg Lewis	Brian Hinton
Recording Clerk: Cindy Lester	Wayne Pinter
Daniel Bishop-Basler	Carrie Uhl
Vivian Chappelier	

### SAGE Upstate Staff

Executive Director: Kim Dill	Program Administrator: Leslie Lamb
---------------------------------	---------------------------------------



SAGE programs are accessible unless otherwise noted. Interpreters are available with notice. Sign language interpreters provided with 48 hours notice. Also available: audio or large print copies of the SAGE Upstate News, navigational tours for visually impaired people, and other services. Please call us about your accessibility needs.

**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. SAGE Shares also plans the annual memorial and other events to bring people together. **If you need help or would like to help, contact Leslie at 315-478-1923 or llamb@sageupstate.org.**



*Potlucks -- continued from page 1*

May: **Talent Showcase** Do you have talent you'd like to share with your SAGE friends? Maybe you sing, or play an instrument, or write poetry. If so, please sign up for this showcase. If you just enjoy homegrown talent, come and prepare to be entertained. Those wishing to sign up for a slot, please contact Leslie at 315-478-1923 or llamb@sageupstate.org.

June: **SAGEFEST** That's right, a festival devoted to SAGE, right in time for pride month. Come and hear about all of SAGE programs, including seeing handmade crafts, knitting, perhaps hearing a story or two from the writers group. You can also find out how you can participate.

\*\*\* No potluck in July \*\*\*

August: **Picnics** SAGE provides the hamburgers, hot dogs, veggie burgers, and buns-- you bring a side to pass. In Syracuse: Ryder Park; In Utica: Utica Unitarian; In Oswego: TBA

September: **Game Show** Get ready for a challenge that's also a lot of fun. Teams will compete for prizes in a Jeopardy/Family Feud/ Password - style game.

October: **Discussion: Spirituality** What does it mean to you? Where can you go to find a welcoming faith-based organization?

November: **Thanksgiving Feasts** SAGE provides the turkey, you bring the sides in Syracuse, Oswego, and Utica.

December: **Holiday Gift Swaps** Bring a new, wrapped gift of \$5 or less to swap in a fun game.

*We hope to see you at some or ALL of these potlucks in Syracuse, Utica, and Oswego.*

**1 IN 3 ADULTS  
HAS PREDIABETES.  
COULD BE YOU,  
YOUR DOG WALKER,  
YOUR CAT JOGGER.**



## Are you at risk for diabetes?

*Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes. One out of three US adults have prediabetes, but 90% don't know. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.*

**The important thing to know is that prediabetes can be reversed.**

Take a simple screening test to find out your risk at:  
[doihaveprediabetes.org/take-the-risk-test/#/](https://doihaveprediabetes.org/take-the-risk-test/#/)

**If you find out you are likely to have prediabetes:**

Let us know. SAGE Upstate is planning to hold an evidence-based Diabetes Prevention Program in 2020, and we'd like to get you enrolled.

### If you have prediabetes ...

Insulin is made by your pancreas. It helps blood sugar get into cells where it can be used as energy. If you have prediabetes, the cells in your body don't respond normally to insulin, so your pancreas makes more, and eventually it can't keep up. Your blood sugar rises, bringing on prediabetes, and type 2 diabetes may not be far behind. Having prediabetes puts you at increased risk for developing type 2 diabetes and also heart disease and stroke.

You may have no symptoms of prediabetes. It might go undetected until you are diagnosed with diabetes or other health issues. There are conditions that increase your risk, and these include:

- being overweight
- being 45 or older
- parent or sibling with diabetes
- being inactive
- history of gestational diabetes
- polycystic ovary syndrome

**Lifestyle changes  
can make a  
big difference.**  
Lower your risk by:



Losing 5- 7% of  
your body weight



Getting 150 minutes of  
brisk activity per week

### Diabetes Prevention Program

SAGE Upstate is collaborating with HealthConnections to offer an evidence-based Diabetes Prevention Program developed by the Centers for Disease Control. The program is based on lifestyle changes and bringing a group of people together to help each other. It works too. Through the program, you can lower your risk of developing type 2 diabetes by as much as 71% if you are 60 or older.

We are looking for people to participate in the program. Eligibility is based on your risk for prediabetes as assessed by the online test (see link above). Participants will work together during the 26-week course focusing on:

- ▶ eating healthy without giving up foods you love
- ▶ physical activity that fits into busy schedules
- ▶ strategies for dealing with stress
- ▶ facing challenges and staying on track

**Interested? Take the test, then contact SAGE Upstate:  
315-478-1923 or [llamb@sageupstate.org](mailto:llamb@sageupstate.org)**

# Resolution solution: reach out

It's the month for resolutions, and I started out with some pretty run-of-the-mill ideas: de-stress, watch what I eat, get out and move every day. I thought about making a resolution to stop watching the news, it's not good for me, I know. Scrolling through my phone or paging through the paper, I find myself raising my voice in response to the stories I see. This happens whether I'm with someone else or alone. Is it just me, or does it seem like we've somehow detoured to crazytown? Things are happening that I didn't think possible. I mean, how can they do that?

So let's leave that one on the shelf and return to the common resolutions most people make. Eat better. Exercise. Lose weight, quit smoking, and get organized. Either save more money or spend less. All good goals. All earnestly taken up. All forgotten a few weeks into the new year.

Why do they fall by the wayside? Maybe it's because the things most of us want to change are ongoing issues in our lives. We try to do better with them every day of the year, and we do make progress. But then on New Year's Eve a grand gesture seems warranted. We go big and then fall hard. Let's not do

From the  
**Executive  
Director**  
by Kim Dill



At SAGE, there are folks who exercise and walk together. There are people who meet for breakfast, lunch and dinner, and people who craft and write together. They become more fit and get great meals, and handmade items, and novels out of their efforts. But they also get someone to talk to, to laugh with, and to lean on. SAGEVets returns to monthly meetings this year too. It's a place where veterans in our community gather to build their circles of support.

---

*How about a different kind of resolution? Why not set a goal to make your world bigger? Strengthen ties with the friends you have, and make new ones. You can do that at SAGE.*

---

that this year. Let's remember that there will always be things in our lives that need to be tweaked (as we age these increase) and that we do that tweaking all year round. This year I'm thinking about making a different kind of resolution. Instead of focusing on the problem, I'm going to focus on how I will face it. And more importantly who I'll face it with.

Do you want to try with me? Why not set a goal to make your world bigger? Strengthen ties with the friends you have, and make new ones. You can do that at SAGE.

Sure, you can make it on your own. And I get it-- being alone doesn't mean you're lonely. But socializing, getting to know people, listening to people who make you think in different ways -- these are all things that are good for your cognitive and physical health. Self-isolating increases your risk for a number of health challenges.

It's what we do at SAGE-- bring people together. There's an article in this issue about our longest-running program, the Knitting and Fiber Arts group. They've been meeting weekly for 14 years and they have a lot of sweaters, and afghans, and hats, and mittens to show for it. But they have something else too. Each other. In fact, that's the thing that keeps them coming back.

Sometime this year, hopefully in a few months, we'll be offering the chance to buddy up to prevent diabetes. The program we'll offer, which you can read about in this issue, is evidence-based and has shown remarkable success. It gives people proven strategies to keep themselves healthy, but the designers of this initiative had something else in mind. They created a course that depended on people working together, helping each other to make lifestyle changes that will reduce risk. Your friends in the program will be there to motivate you, cheer you on, and help you to get back on track if you slip.

And of course there's always the potluck, every month, in three cities. We've put together a whole schedule of programs for discussing, learning, and building your SAGE friendships.

Welcome to the roaring 20s! I'm so glad to be starting them with all of you.

Are you a veteran?  
 Would you like to gather  
 with other veterans in the  
 SAGE Upstate community  
 for socializing, discussions, presenta-  
 tions, and more? Come to SAGEVets,  
 now meeting on the third Tuesday of  
 each month at 4:30 pm.



In January: 1/21. In February: 2/19.  
 For more information, or to be added to the notification list,  
 contact Leslie at 315-478-1923 or llamb@sageupstate.org.



At our November potlucks, we recognized SAGE veterans in honor of Veteran's Day. Here are the names of those people. Thank you all for your service.

- |                     |                  |                  |
|---------------------|------------------|------------------|
| John M. Ackley      | Rita Gram        | Daniel Reed      |
| Dylan Bennett       | Cathy Kahl       | Jerry Reed       |
| Dan Bishop-Basler   | Ian Kirkpatrick  | Aricka Sanserson |
| Larry Carter Center | Arthur Lum       | Bev Taylor       |
| Carl Constanza      | Mike La Montagne | Cheryl Tobin     |
| Cheryl Costa        | Michael Montana  | Logan Tomas Sutt |
| Branwen Drew        | Cathleen Nelson  | Charles Tremper  |
| Katie Jade          | Terri Odekirk    | Eileen Yager     |
| Stan Gluck          | Connie Olcott    | Valerie Youngs   |

Happy  
 New Year!  
 2019 flew  
 by, and we  
 had a lot  
 of fun at  
 SAGE!

## Program Updates by Leslie Lamb



We have some more wonderful programming planned for 2020. We are always looking for new ideas, so be sure to complete our 2019 SAGE Upstate **program survey**. You can find it on our website(www.sageupstate.org), or we can also provide a paper copy if you prefer. Let us know what programs worked and didn't work, what you would like this year, and how SAGE is doing overall.

As some of you know we have a new database. It will help us track donations, fundraising initiatives, attendance at programs and various other information. We are updating now to make sure we have the correct information for all our donors and participants, as well as demographic information. We may be checking in with you.

To our Veterans: **SAGE Vets** will be meeting on the 3rd Tuesday of every month at 4:30 pm. If you are a veteran and would like to participate, join us in the center. This will be a chance to spend time with other veterans, share stories and come up with ways to help veterans in our community. Contact us if you are a veteran and would like to be added to our list.

On February 20th, Lisa Sonneborn, Site Director from Clinical Clarity Research will be doing a presentation on **Alzheimer's**. Lisa is a master's level clinician who specializes in research for memory loss. As the director of Clarity Clinical Research, Lisa runs clinical trials for Alzheimer's disease and related dementias, exploring the prevention and treatment of these illnesses. Join us for an interactive discussion of memory and the breakthroughs that are leading to new diagnostic tools and treatments. Attendees will also learn about normal versus abnormal memory changes, how to get an annual memory screening, and the newest research aimed at curing Alzheimer's disease. The presentation will be at 11AM, followed by lunch. If you are interested in this program contact me at llamb@sageupstate.org or by calling (315) 478-1923 to reserve your spot.

### 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,

# SAGE Knitting & Fiber Arts

## Stitching Since 2007

It's 15 degrees outside, and with the snow squalls it feels like below zero. Still, the SAGE Upstate Center is full ... of knitters. They come every week to share conversation and fiber arts. Many learned their craft in the group, but most say it's the relationships that keep them coming back. "We all care about each other," says Deborah Hardy, leader of this SAGE Upstate group that has been meeting for 14 years.

"I learned to knit here, and I come here every week to knit," says Mike, "but it feels more like a coffee klatch to me." It does feel that way. Wayne has been coming since he moved to Syracuse a little over a year ago. He tried using needles, but he works with a loom now. Since joining the group he's made two scarves and three hats.

Laura was his teacher -- she tells me she's been at it since she was three. When I raise an eyebrow at that, she pulls out some needles that are more than 100 years old -- one made out of a turkey bone and given to a wife by a husband on their wedding day in the 1920s. Laura's most elaborate piece was a rock band -- all of the band members and their instruments were crocheted.

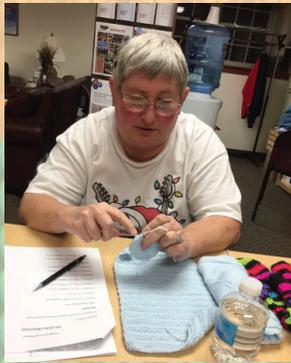
Deborah interjects to say she thought Laura's most complex piece was a doily with ruffles and lacy parts. "The doily of doom?" Laura asks.

"No, not that one," Deb replies. Apparently, Laura made a few other doilies and gave them to couples who broke up soon after. It's just one of the many jokes the group shares from their time together. They tell me about a knitting snafu named after one of their dear departed members. "If you find you've made too many stitches," Deborah says, "that's a Frank Forward."

Deborah learned to knit at nine, and has been doing it steadily since junior high. She reckons the most difficult piece she's done is one she is currently working on. "It's a child's sweater in six colors" she says, "each row is a different color and each section has a different pattern." When she started the group back in 2007, she was surprised when it drew more men than women and more crocheters than knitters. Both still hold true.

"When I learned to knit, they told me I was going over to the dark side," Mike said, referring to the group's friendly rivalry between the two camps. I ask what's the difference between knit-

*Continued -- next page*



Top - Bottom: Wayne on the loom; Deborah knitting, Mike's tool kit.

# Community Building Sponsors



[hansensadvisory.com](http://hansensadvisory.com)

**sage** | Advocacy & Services for LGBT Elders

**We refuse to be invisible**

[sageusa.org](http://sageusa.org)



ting and crocheting. In response, everyone holds up their needles. Those for knitting are much bigger. "Crocheting is faster and you use way more yarn," says Deborah. Then I ask, why not just call the group Knitting and Crochet? Why is fiber arts in the title? Well, they say, there's a lot more going on in the group -- quilting, rug making, counted cross-stitch and chain-mail, to name a few.

"Here in the group when I was learning, there were lots of other guys and that was nice," Keith says. He also quilts, and in his quilting he's usually the only man.

When Mike learned, he said it was a challenge. He looks up from

the knitted hat he's working on -- he will crochet the edges. "The first hat I made turned out to be big enough for a sasquatch -- then I learned a thing or two about yarn and needle sizes." Tonight he has his own kit of knitting tools.

Both Deborah and Laura have taught many to work with needles over the years. Deborah has taken great pains to learn new things so she can teach others. When she encountered a left-handed learner, she read on the subject and asked owners of knitting stores -- should she teach him left handed? "They told me no -- absolutely not -- if you do that he won't be able to follow pattern directions!"

Tonight is a birthday night -- at one meeting per month the group celebrates all members with birthdays that month. Ron is one of the honorees. "I like the friends I have in this group, there's a lot of trust," he says.

The topics of discussion are wide ranging, and some go into graphic detail about private lives. "I learned things from the guys I never knew," Deborah said.

They also help each other with problems. "You can talk about things you're going through and get feedback," Deborah said. "People do that, and we respond."

"It's a safe place, no judgement," Keith says. "What keeps me coming back is the people -- everyone's real, no one puts on airs."

They point out that knitting is a great form of therapy. "Yarn costs less than a psychiatrist," Keith says.

Sitting down to knit, says Deborah, "is a great way to reflect on what's occupying your mind."

"Or just to let go of it," adds Laura.

If you're interested in trying it out, there are some suggestions about what to bring in the box below. Or, you can just come. Group members usually have extra supplies. I asked Mike what he would say to someone thinking about learning to knit or crochet. "There's no reason they can't," he said.

What to bring:

For **knitting**: one pair of single point knitting needles made of wood, bamboo or plastic in size 8, 9 or 10 (10" preferred but 14" will work, too).

For **crocheting**: a hook size G, H or I

For **both**: some light colored plain yarn, worsted or bulky weight (also known as size #4 or #5). The yarn you bring should be one color, and should not be cotton.

# We're looking for a few good chili cookers . . .



The SAGE Upstate Chili Cook-Off is back! We're looking for a few good chili cookers to enter the contest. Would you like to enter your chili? Let us know at 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org). The event is tentatively scheduled for the last weekend in February-- this is dependent on chili chef availability. Watch the weekly update and the February calendar for details.



## ARE YOU A DEMENTIA CAREGIVER?

Attend an Alzheimer's Association Caregiver Support Group

Caregiver Support Group @ SAGE Upstate:  
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](http://www.alz.org/cny)

## Take the guesswork out of *your retirement plan*

Call me at 315.251.0512 for a complimentary initial *Confident Retirement*® conversation.

Navigating through today's retirement landscape can be complex to say the least. As a leader in retirement planning, Ameriprise Financial can help. Our exclusive *Confident Retirement*® approach can help answer questions you may have, like: *When will I be able to retire? How do I make the most of the money I have? How can I leave a lasting legacy to my loved ones?*

It starts with a one-on-one conversation to understand your personal goals and concerns. From there, I'll work with you to develop a retirement roadmap with clear steps you can take to help you retire on your terms.



**Jonathan Knight, CRPC\***  
Financial Advisor  
[jonathan.r.knight@ampf.com](mailto:jonathan.r.knight@ampf.com)



**Fred Saracene, CRPC\***  
Financial Advisor  
[alfred.r.saracene@ampf.com](mailto:alfred.r.saracene@ampf.com)



**Brian Derry, CFP\***  
Financial Advisor  
[brian.j.derry@ampf.com](mailto:brian.j.derry@ampf.com)

**Jon L. Myers and Associates**  
A financial advisory practice of  
Ameriprise Financial Services, Inc.  
5700 Commons Park  
East Syracuse, NY 13057  
**315.251.0512**  
[jonlmyers.com](http://jonlmyers.com)

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™ and CFP (with flame design) in the U.S.

The *Confident Retirement* approach is not a guarantee of future financial results. The initial *Confident Retirement* conversation provides an overview of financial planning concepts. You will not receive written analysis and/or recommendations.

Investment advisory products and services are made available through Ameriprise Financial Services, Inc., a registered investment adviser.

© 2017 Ameriprise Financial, Inc. All rights reserved.





## Syracuse Pottluck in January: doc on coming out at 95

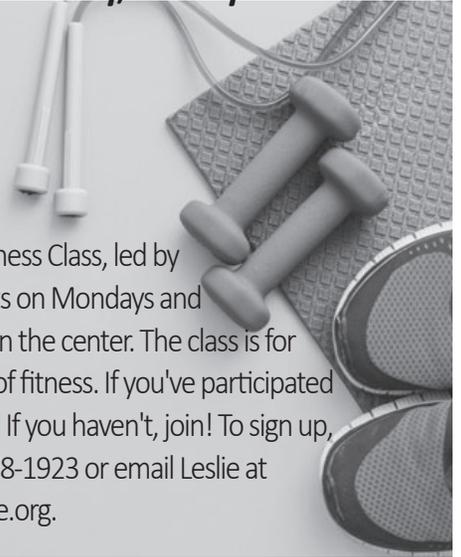
Ruth and Roman Blank-- Nani and Popi -- survived the concentration camps of Nazi Germany, then came to America to marry, raise a family and live their lives. At the age of 95, Popi shares his long kept secret with the family -- he's gay. Though Nani had a notion this was the case, it was still shocking news. As they prepare for their 65th wedding anniversary, the couple looks back on their lives and wonders what could have been, if only they'd lived in a world devoid of homophobia. *On My Way Out: The Secret Life of Nani and Popi* is a short documentary packed with emotion. The film will be shown at the Syracuse Potluck, Sunday January 12, at 431 E Fayette St., 2nd floor ballroom. 4 pm: Social time, 5 pm: film; 6 pm: shared supper (bring a dish to pass if you are able). The film may be shown in Oswego and Utica as well-- check with your group leader.

## Falls Prevention Fitness Class

Starts again on Monday, January 13

If you made a resolution to get in shape, we've got the class for you.

SAGE Upstate's Falls Prevention Fitness Class, led by Barb Genton, meets on Mondays and Fridays, 11:15 am, in the center. The class is for people at all levels of fitness. If you've participated before, come back! If you haven't, join! To sign up, call SAGE at 315-478-1923 or email Leslie at llamb@sageupstate.org.



## Trans Social meets once in January

The Trans Social, SAGE Upstate's social/support group for trans-identified people, will meet on Saturday January 4. In February, the group goes back to its twice a month schedule on the first and third Saturday, 7 pm.

Did you participate in SAGE Upstate programs in 2019?

If so, please complete a program evaluation at [sageupstate.org](http://sageupstate.org)

Evaluations help us make programs better, and it only takes about 10 minutes!

### Bank on a better world

Choose the only local credit union that's dedicated to justice and solidarity.

Accounts | Loans | Advice

Cooperative Federal

Federally insured by the NCUA



### 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](http://www.ofamadco.org) 315-697-5700

# Pictures



Above: SAGE partnered with the SU LGBT Resource Center and LGBT Studies program to hold a "SAGE Table" event-- the first of what we hope will be a series of inter-generational programs.  
 Below: Thanksgiving Potlucks in Syracuse, Oswego, and Utica. Thank you to Empower Federal Credit Union for sponsoring these events.

Above: Holiday gift-swap at the December potluck.  
 Below: Healthy Aging Series.



**Liverpool Chiropractic & Wellness**  
 Call 315-461-4510  
 Distinguished Fellow of  
 Clinical Biomechanics of Posture  
 Certified in Webster Technique,  
 Flexion-Distraction  
 Most Insurances Accepted  
 www.liverpool-chiropractic.com  
 www.facebook.com/LiverpoolChiro



**Dr. Laura Harrington**  
 403 Tulip Street,  
 Liverpool



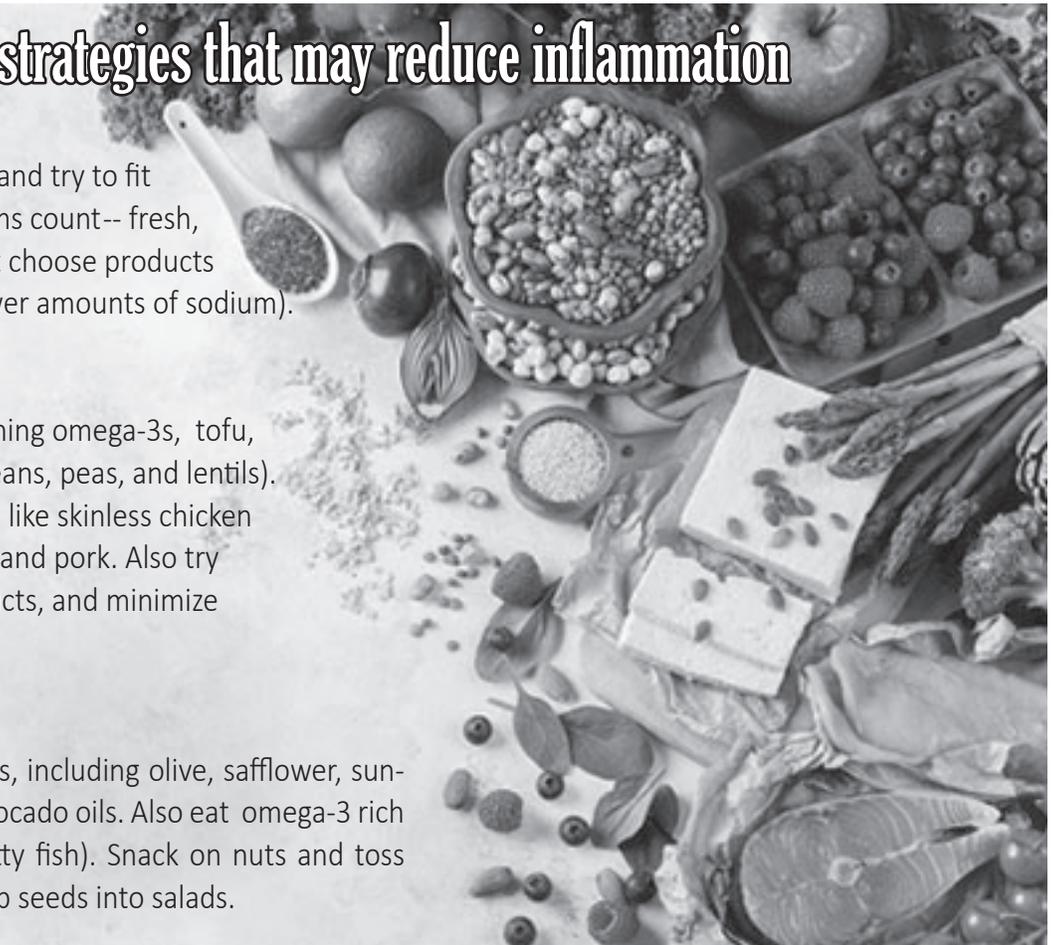
# Is an anti-inflammatory diet right for you?

Why would you want to go anti-inflammatory? Recent studies show a link between inflammation and increased risk for chronic diseases. Chronic inflammation may also increase risk for heart disease, Type 2 diabetes and obesity. Educate yourself with this info from the Academy of Nutrition and Dietetics (eatright.org).

## What is inflammation?

It's a normal body response that promotes healing. When we see inflammation, it means that the immune system is working to fight infection. On the outside of our bodies, inflammation looks red and swollen, and it can be painful. It can also happen inside our bodies. Bronchitis may cause inflammation in the lungs. Excess body fat may cause changes in body cells that promotes chronic inflammation. When it's long term and chronic, inflammation can damage the body's DNA.

## 5 diet strategies that may reduce inflammation



### 1. Fruits and Vegetables

Fill half your plate with them and try to fit them into every meal. All forms count-- fresh, frozen, canned and dried (but choose products with no added sugars and lower amounts of sodium).

### 2. Protein

What types? Fatty fish containing omega-3s, tofu, tempeh, legumes (such as beans, peas, and lentils). Look for leaner protein foods, like skinless chicken or turkey or lean cuts of beef and pork. Also try low-fat or fat-free dairy products, and minimize highly processed foods.

### 3. Healthy Fats

Choose monounsaturated fats, including olive, safflower, sunflower, canola, peanut and avocado oils. Also eat omega-3 rich foods (salmon or another fatty fish). Snack on nuts and toss flaxseed, chia seeds and hemp seeds into salads.

### 4. Whole Grains

Use whole-grain flours and cereals more often, rather than those made with refined flour. Include a variety of whole grains, such as brown rice, quinoa, millet and wheat berries.

### 5. Fresh Herbs and Spices

Infuse flavor into your dishes by adding fresh herbs. Spice up your recipes by experimenting with spices.

## Other changes you can make

In addition to changing your diet, other lifestyle changes can help you to reduce inflammation. Get adequate sleep. Both quality and duration of sleep directly impact inflammation. Be active. Regular physical activity has anti-inflammatory effects. Aim for 30 to 60 minutes of moderate-intensity physical activity a day on most days of the week.



Nonprofit Org.  
US Postage Paid  
Syracuse, NY  
Permit 1930

★ 431 E. Fayette St. Suite 050  
Syracuse, NY 13202

Address service requested



*Your support has an impact. If you believe in SAGE Upstate's mission to improve health and reduce isolation for older LGBT People, please consider making a pledge or one-time donation.*

## We appreciate your donation!

Name \_\_\_\_\_

Address , City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

<input type="checkbox"/> Monthly Pledge	<input type="checkbox"/> \$100 <input type="checkbox"/> \$75 <input type="checkbox"/> \$50 <input type="checkbox"/> \$20 <input type="checkbox"/> \$10 <input type="checkbox"/> \$5 <input type="checkbox"/> \$ _____	<input type="checkbox"/> Bill card monthly until I stop <input type="checkbox"/> I will send
<input type="checkbox"/> One-Time Gift	<input type="checkbox"/> \$1,000 <input type="checkbox"/> \$500 <input type="checkbox"/> \$250 <input type="checkbox"/> \$100 <input type="checkbox"/> \$50 <input type="checkbox"/> \$25 <input type="checkbox"/> \$ _____	<input type="checkbox"/> Bill my card one time <input type="checkbox"/> My gift is enclosed

Credit Card # \_\_\_\_\_ Exp: \_\_\_\_\_ CVV \_\_\_\_\_

Mail to: SAGE Upstate, 431 E. Fayette, Syracuse, NY 13202, or:

Give online at [sageupstate.org](http://sageupstate.org); Call 315-478-1923 with card #; Stop to swipe card.



Can we recognize your gift in SAGE publications?

Yes  No