

## October Programs: Healthy Eating, Men's Empowerment

In our **"Healthy Eating for Successful Living"** series, participants will learn thrifty ways to keep meals nutritious with Maria Mahar, Registered Dietitian from the Onondaga County Department of Aging. The program, will run for 5 weeks starting October 1, from 5 - 7 pm in the SAGE Upstate Center.

Classes will cover nutrition and lifestyle changes that can promote greater health. In addition, the goal will be to provide participants with recipes and other strategies that can be maintained on a limited budget. Participants will eat healthy meals at each session and will take home a healthy recipe and gift cards to purchase ingredients after each class.

The **Men's Empowerment Workshop** will be held on Friday, October 31, from 10 - 3 in the SAGE Upstate Center. It will be led by Christopher Griffith, LCSW. The workshop will cover men's support group topics and also will prepare those present to coordinate an ongoing peer support group for men. Lunch will be provided.

**Both programs are free, but participants must register in advance. Space is limited, so please contact Hannah at 315-478-1923 or hradcliff@sageupstate.org.**

## Second Sunday Potluck: 10/12



Test your knowledge of trivia and more important issues -- and win fabulous prizes!

Ballroom, 431 E. Fayette St. Syracuse  
4 pm Social, 5pm Program, 6 pm Dinner  
*Please bring a dish to pass if you are able.*

## Inside This Issue:

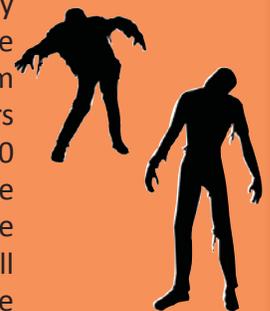
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## SAGE UPSTATE HALLOWEEN DANCE 10/25

*all the cool zombies will be there ...*



Join us for the SAGE Upstate Annual Halloween Dance, which usually draws 100 or more (most in costume). The dance will be held in the ballroom of the CNY Philanthropy Center, 431 E. Fayette (upstairs from the SAGE Office). 50/50 raffle tickets will be mailed out to members which can be mailed back or returned at the dance (\$5 for one, \$20 for five). You can also get tickets at the office, at the potluck, or at the dance. Last year the winner took home more than \$400. Music will be provided by DJ Robin McAdam, and pizza, snacks, and soft drinks will be served. Prizes will go to best individual and group costumes. We are asking for an admission donation of \$5 -- more if you can, less if you can't.





SAGE Upstate News is published monthly by the staff of SAGE Upstate for aging lesbian, gay, bisexual, transgender, and questioning persons and their allies in Central New York.

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SAGE Upstate is a not-for-profit organization that promotes the health and well being of lesbian, gay, bisexual, transgender and questioning people in Central New York as they age. SAGE Upstate receives funding from members and donors. Additional funding has been received from the New York State Department of Health, the Central New York Community Foundation, the Gifford Foundation, and SAGE USA. SAGE Upstate board meetings are open to the community, and copies of the Annual Report are available upon request.

A man I know who comes to SAGE events has been out Syracuse for many, many years. Back in the early days he was arrested and assaulted for being too open. Another woman remembers how you weren't supposed to ask when someone stopped showing up in her circle of lesbian friends. You just knew they wouldn't be back -- they were living the straight life now. Countless SAGE folks hid who they were in their jobs, to their families, to their neighbors ... some got married to people of the other sex and had kids who didn't know who they really were.

Things are different now, we tell ourselves -- and they are. So much progress has been made in terms of visibility, our rights, and our community. There are GLBT politicians and actors and teachers and clergy. It's a new world in a lot of ways. For some of us.

When we crow about the success of our GLBT rights movement, and speak solemnly about the dark days of the past, we are avoiding a central fact. For some people, the dark days are now. For some people things aren't that much different than they were in the 1950s. Why? Maybe they live in an isolated rural area. Maybe their family or workplace is very conservative. Maybe their religion is not inclusive. Maybe they are all alone. For a multitude of reasons, some people can't live out and proud. And instead of being angry at the system that keeps them down, they often turn their frustration inward. They blame themselves.

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*Things are different now, we tell ourselves. So much progress has been made. It's a new world in a lot of ways. For some of us.*

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SAGE tries to reach all older GLBT people in the CNY region, whether they are out, closeted, or not even ready to deal with it. Callers are sometimes still working it all out. Newsletter readers may not get local GLBT news from anywhere else. There are many others out there who may not even know about SAGE, or may be afraid to call or visit.

We know that older GLBT people are less likely to have children to rely on for support, and more likely to live alone. So, even those folks who are well connected to SAGE may face some challenges because of who they are. SAGE tries to create safe spaces where people can come together and build support networks. Check out page 4 for information about SAGE Shares, our new caregiver group. Also, help us find people who might need a little help.

Some rural areas and smaller cities are tough. That's why SAGE has groups meeting in Utica, Oswego, and, starting this month, Cortland. See page 5 for more information on these monthly potlucks.

Today things are better than they ever were for GLBT people. But there is still a lot of work to do. *Hope to see you at the Halloween Dance or some other event this month. --Kim*

# Your Health

Being 65 or older puts you at higher risk for the flu.

## Why?

Our immune systems weaken as we age. This makes us more susceptible to the flu, so it is much more important for us to be vaccinated. For older adults, the seasonal flu can be very serious, even deadly. Ninety percent of flu-related deaths and more than half of flu-related hospitalizations occur in people age 65 and older.

## When?

Older adults should get the flu vaccine as soon as it is available. Flu season typically starts in Fall and peaks in January or February.

## Vaccination options:

You have two options: the regular dose flu shot and the high-dose shot designed specifically for people 65 and older -- it results in a stronger immune response. Both vaccines protect against the same three flu viruses. Talk to your health care provider to decide which one is right for you. Older adults are also at an increased risk of getting pneumonia, a complication of the flu, so talk to your health care provider about the pneumococcal vaccine. **Medicare will cover the flu vaccine once every flu season.**

## Prevention

Common sense measures like washing hands frequently or avoiding touching your eyes, nose, or mouth are good steps to take. Try to avoid contact with sick people and make sure your immune system is strong by getting plenty of sleep, exercising, managing stress, drinking plenty of fluids and keeping your diet healthy. If you are sick with a flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine. Also, contact your health care provider immediately -- your doctor may prescribe antiviral medications to lessen the symptoms.

## Study show vaccines prevent hospitalization.

A new CDC study show that flu vaccines prevent flu-associated hospitalizations in people 65 years and older. Researchers have known for some time that flu vaccine effectiveness generally is lower in the elderly than in younger, healthy adults. However, this research is reassuring that even when flu vaccination is associated with lower vaccine effectiveness, it can still have a measurable and significant impact on preventing hospitalizations in adults 65 years and older.



Where can you get  
a flu shot?

CALL SAGE Upstate and we will find  
the vaccination location nearest to you.

Or, enter your zip code or address at:  
<http://flushot.healthmap.org/>

# PROGRAM NEWS



By Hannah Radcliff-Hoy,  
Program Assistant

You'll find lots of info on some very exciting programs in this issue. See page one for info about the Healthy Eating series with Maria Mahar. This program was offered in January with great response. So, we decided to team up with the Onondaga County Department of Aging once again to offer it -- this time in the evening. We are also very excited to have Christopher Griffith, LCSW leading our men's empowerment workshop, which is also featured on page one.

Have you been curious about Oil painting? Were you interested but unable to come at the scheduled time, Tuesdays at 4:30? Perhaps, you didn't want to join the group for fear you would be behind the other painters? We want to know. The oil painting class is starting anew, and would like to hear from everyone with interest in the group. Let us know about time preferences, or other questions and concerns so we can offer the best possible program for you. This month, the group will meet just once on the first Tuesday.

We've heard from many of you who would like daytime programming. Next month we start a new daytime social, "3 O'Clock Pie" (see below) to give folks a chance to get together and socialize.

For info or registration for these programs, please contact me: 315-478-1923; hradcliff@sageupstate.org.

*I'll get by with a little help from my friends*



When we find ourselves in times of need, friends are often our greatest resource. They can cheer us up when we don't feel well and comfort us when we experience a loss. Friends might offer us a ride or come by when we need help or a visit. And sometimes a friend will just give us a call to say "how are you?" or send a card that says "thinking of you". SAGE Upstate offers us the opportunity to find new friendships and to be there when we need each other. And as we age we may find that those friendships can be more valuable than ever.

At SAGE there is a group of friends who work together to 'be there' when one of us needs help. The group, called SAGE Shares, meets to write those greeting cards and make those phone calls. SAGE Caregivers arrange rides for people who don't drive and plan visits to Sagers who may be in the hospital or homebound.

The group is led by SAGE board member Arlene Ahl who says, "So many of us have expressed interest in reaching out to help other SAGE members. This is an opportunity for us to come together and support each other when we need it the most."

If you know of someone who would benefit from SAGE Shares, or if you would like to join this group of caregiving friends please leave a message for Arlene at SAGE, or Volunteer Coordinator Barbara Johnson, at 315-478-1923 or [bjohnson@sageupstate.org](mailto:bjohnson@sageupstate.org).



## Join your SAGE friends for 3 O'Clock Pie: First Friday of each month starting in November

Any way you slice it, pie is a good thing. And it's even better with friends in the SAGE Upstate Center. Join us for this monthly social for pie, coffee, and conversation. Perhaps we'll play games, share stories, hear poetry or readings -- the possibilities are endless when there are good people involved. One thing we know for sure -- there will be pie!

Starting November 7, 3:00 pm, SAGE Upstate Center.

## Life on the Tipping Point: Transgender Issues Forum

Wednesday October 8, 5 - 7 pm, 431 E Fayette St. 2nd Floor Ballroom

The Empire State Pride Agenda will hold an event featuring National Center for Transgender Equality Director Mara Keisling and Empire State Pride Agenda Director Nathan Schaefer. Co-sponsored by the Transgender Alliance of CNY and SAGE Upstate.



TRANSGENDER ALLIANCE  
OF CNY



## SAGE Around the Region

### Utica SAGE Dinner attended by 30 for a movie and chili from the “Tram” Café

More than thirty people enjoyed an evening of dinner and a movie at a SAGE Utica event on September 13th, held at the Utica Unitarian Universalist Church. Sweet potato chili, a specialty of the local Tramontane Café was accompanied by tossed salad and “stretch bread” from Pastabilities in Syracuse. Homemade brownies completed the menu. After dinner the crowd enjoyed a screening of the film, Birdcage starring Nathan Lane and the late Robin Williams.

The event kicked off a Fall season of SAGE Utica “potluck” dinners. The regularly scheduled dinners began last spring largely through the efforts of Dori Colvin and Robin Latham. Dori is a SAGE Board member who joined in April. Working with Robin and others, her commitment to outreach has helped to bring SAGE programs and services closer to members of the Utica area LGBT community. Also contributing to the effort is Allied Utica Potluck, a men’s group that hosts monthly events and helps to get the word out about SAGE.

The next SAGE Utica potluck is scheduled for Saturday, October 4th at 5 pm. By popular demand, card games, including Pitch will be organized and prizes will be awarded. Other games, activities and prizes will entertain those who are not card players. Attendees are asked to bring a dish to pass if they are able. SAGE will provide beverages and a special dessert. For more information about SAGE Upstate and resources for LGBT people in the Utica area contact Hannah at 315-478-1923 or hradcliff@sageupstate.org.

### Oswego SAGE Dinner Participants plan for year ahead

Oswego-area SAGERS met for dinner and socializing in September at Fallbrook Recreation Center. The group has been meeting at this location for a few years now and though most participants like the venue, steps make it less than accessible for some. Participants at the September event decided to move to a new space that will accommodate everyone. Next month the SAGE Oswego Potluck will be held at Fallbrook one last time, and starting in November a new place will be designated. Programs for the coming year include “just talking,” speakers, activities, and more. In October the group will meet on 10/26, 2 pm for games and cards.

### Cortland SAGE Dinner Planned for October

SAGE Upstate will team up with the Cortland LGBT Resource Center to offer monthly gatherings in Cortland. The first such event is planned for Thursday, October 16 at 4 pm. All food will be provided by SAGE at the gathering, which will be held at the Cortland LGBT Resource Center, 73 Main St., Cortland NY 13045. Monthly potlucks will be held on the Third Thursday at 4 pm starting in November. Participants at the October gathering will determine program topics. Please RSVP for this event, so we can order enough food for everyone. Contact Hannah Radcliff-Hoy at 315-478-1923 or hradcliff@sageupstate.org.

# October 2014

Most programs meet at the SAGE Upstate Center, 431 E Fayette St. For location and other information, please see the program listings on the right.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 Al-Anon, 12p Knitting, 7p Scrabble, 7p Healthy Eating, 5 Writers, 5:30p	2	3	4  Utica Potluck, 5  Trans Social, 7p
5	6 Monday Men's Group, 6p	7 Oil Painting, 4:30 p Yoga, 6 pm	8 Al-Anon, 12p Knitting, 7p Healthy Eating, 5 Writers, 5:30p Life on the Tip- ping Point, 6 pm	9	10 Uzuri, 6:30p	11 Bisexual Social/Support Group, 7p
12 Oswego Pride, noon  2nd Sunday Potluck in Syracuse, 4 pm	13 Monday Men's Group, 6p	14 LGBT Grief Support, 6:30 pm Yoga 6 pm	15 Al-Anon, 12p Knitting, 7p Scrabble, 7p Healthy Eating, 5 Writers, 5:30p	16 Cortland SAGE Dinner, 4 pm	17 Men's Night Out, 6:30p	18 Trans Social, 7p
19	20 Monday Men's Group, 6p	21 Yoga, 6 pm	22 Al-Anon, 12p 60+ 12:30 p Knitting, 7p Healthy Eating, 5 Writers, 5:30p	23	24 Women's Social, 6p	25 SAGE Upstate Halloween Dance, 7 pm
26 Oswego 2 pm	27 Monday Men's Group, 6p	28 Yoga, 6 pm	29 Al-Anon, 12p Healthy Eating, 5 Writers, 5 pm Knitting, 7 pm	30	31 Men's Em- powerment Workshop, 10 am	

## Oswego Pride Parade

Sunday, October 12. Line Up: 11 am West Linear Park, corner of Lake Street & Ontario



**The first ever Oswego Pride Parade** will lead to a festival with vendors and organization booths, and a stage show on Veterans Stage in Linear Park. March with your friends from SAGE Upstate! See you there.

# Programs this month

Meetings that are held at 431 E Fayette St. in Syracuse are marked: <b>DH</b> -- Derrickson Hardy Room, <b>FM</b> = Front meeting room, <b>DI</b> = Drop-In Lounge, <b>KI</b> = Kitchen; <b>BR</b> = 2nd floor Ballroom ; <b>1st</b> = 1st floor meeting room.		
Meetings that are held in the community are marked COM		
Program	Location/Day	Description
60+ Circle of Friends	COM 4th Wed.	LGBT people age 60 & older meet for lunch. Call for location.
Al-Anon	DH Wed.	12-step group for those living with a loved one's alcoholism
Bisexual Social/Support	DI 2nd Saturday	Social and support group for for anyone who identifies as Bisexual, Queer, Pansexual, or Polysexual.
Cortland Dinner	COM 10/16	Cortland Area SAGERS -- gather for a meal provided by SAGE at the Cortland LGBT Center. See page 5 for details.
Halloween Dance	BR 10/25	DJ Robin McAdam will spin tunes, we'll have pizza and refreshments, you could win a bundle in the raffle, AND there will be prizes for best costume! Don't miss it.
Healthy Eating	Wed, 5 pm	Registered dietitian Maria Mahar leads this series with plenty of tips on preparing nutritional food on a limited budget. See page 1.
Knitting Etc.	DI Wednesdays	For beginners/experienced needlecrafters
LGBT Grief Support Group	COM, 2nd Tues	For LGBT people, allies struggling with the loss of a loved one through death -- person or pet. Held at Hope for Bereaved, 4500 Onondaga Blvd, Syracuse, 475-4673.
Life on the Tipping Point	BR 10/8	The Empire State Pride Agenda will hold this event on Trans Issues, see page 5 for details.
Men's Empowerment Workshop	DI, 10/31	Empowerment/Support workshop led by Christopher Griffith, LCSW. 10 am - 5 pm, lunch provided. Participants will address group generated topics and learn to start a peer support group, which will continue after the workshop.
Men's Night Out	DI 3rd Friday	Join SAGE guys for conversation, games, movies, pizza.
Monday Night Men's Grp	DH Mondays	Closed group, new members accepted twice/year. Call for info.
Oil Painting	DI 10/7	For beginners, experienced painters.
Oswego Potluck	COM 10/26	SAGERS from Oswego and beyond meet for a potluck at Fallbrook Recreation Center, 103 Thompson Rd. Bring a dish to pass if you are able.
Oswego Pride Parade	COM 10/12	First ever Pride Parade in Oswego. See box under Calendar.
Scrabble	DI 1st,3rd Wed	Meet in the Center for Scrabble.
Second Sunday Potluck in Syracuse	BR 2nd Sun.	Join us for a GAME SHOW! Test your knowledge and win prizes. Social hour @ 4, Program @ 5, Dinner @ 6. Please bring a dish to pass if you are able.
Trans Social	DI 1st,3rd, Sat	Safe space for aging Trans. Bring snack/game if you are able.
Utica Potluck	COM, 10/4	SAGERS from Utica and beyond meet for a potluck at Utica Unitarian Church, 10 Higby Rd. Bring a dish to pass if you are able.
Uzuri	DI, 2nd Fri.	Safe space for GLBT People of Color; social, support, discussion.
Women's Social	DI, 4th Fri.	Cards, games, snacks. Social for SAGE women.
Writers Group	DH Wed.	For experienced and beginning writers.
Yoga	DH Tue.	Stephen Ross will lead this weekly class for participants at all levels of yoga skill and experience.

# Your Health

## Home Energy Assistance Program

The Home Energy Assistance Program is a federally funded benefit program that provides limited subsidies for heating and utility costs. **You may apply for these benefits when the HEAP Season starts in November 2014.**

### What does it cover?

If your energy bills are more than you can handle, HEAP may be able to help you heat your home. The program provides assistance with electricity, gas, oil, coal, propane, wood, or kerosene. Even if your heat and utilities are included in your rent, HEAP may be able to help you.

### Three types:

For "Regular" HEAP, there are no resource eligibility requirements but benefits amounts granted are based on income, age of recipients and size of household. Awards typically range from \$20 - \$500.

**Emergency HEAP** benefits are available for situations like power shut-offs or outages, less than 1/4 tank of kerosene, or propane, or less than 10 days supply of wood, pellets, or coal. Applicants must meet resource requirements.

**Heating Equipment Repair and Replacement** benefits are available to homeowners who meet income guidelines to repair or replace furnaces, boilers, and other heating components necessary to keep the home's primary heating source functional.

**HEAP applications will not be available until mid-November, but the funds will be available for a limited time only, so prepare now if you think you may need assistance.**

### How To Apply

If you are age 60 or older, you may apply through your county office for aging, otherwise contact the department of social services.

**Online:** [myBenefits.ny.gov](http://myBenefits.ny.gov)

**Cayuga County:** Office for Aging: 315-253-1226  
Department of Social Services: 315-253-1011  
160 Genesee St. Auburn, 13021

### Cortland County:

Office for the Aging at 607-753-5060.  
Department of Social Services:  
607-428-5400.  
60 Central Avenue, Cortland, NY

### Jefferson County:

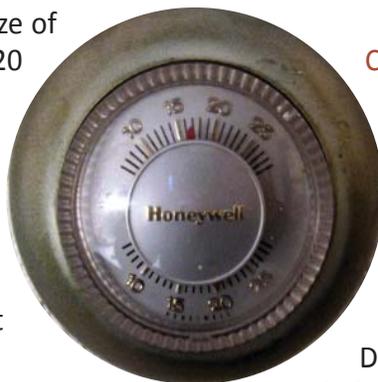
Office for the Aging: 315-697-5700.  
Department of Social Services: 315-782-9030  
250 Arsenal Street, Watertown, NY 13601

**Madison County:** Office for the Aging at 315-697-5700.  
138 Dominic Bruno Blvd. Canastota, NY 13032  
Department of Social Services, 315-366-2211  
1 North Court St. PO 637 Wampsville NY 13163

**Oneida County:** Office of Aging: 315-798-5770  
301 W. Dominick, Rome, NY 13440  
Department of Social Services: 315-798-5559  
800 Park Ave. Utica, NY 13501

**Onondaga County:** Office of Aging: 315-349-3484  
421 Montgomery St. 10th floor, Syracuse, NY 13202  
Department of Social Services: 435-8295  
600 S. State Street, 7th floor, Syracuse, 13202

**Oswego County:** Office of Aging: 315-349-3484  
70 Brunner St. Oswego, NY 13126  
Department of Social Services: 315-963-5021  
100 Spring Street, PO Box 1320, Mexico, NY 13114



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# Syracuse Potluck

Photos by Sam Basile



SAGE member and Cayuga Nation Elder Skip Parker discussed both the history and current activities of his tribe.

*Linda J. Stein LCSW-R, PC*

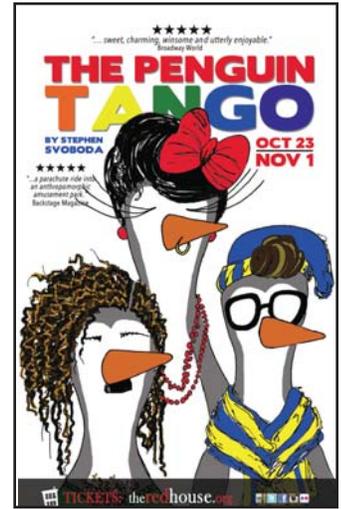
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# Penguin Tango @ Redhouse

This fall, Redhouse presents *The Penguin Tango*, a side-splitting, screwball comedy, inspired by actual events at the Bremerhaven, Brooklyn, and Central Park Zoos. A community of penguins is hilariously turned upside down when the concept of gender is introduced into their way of life. This play examines today's social constructs in a highly theatrical, yet accessible, way. The shows, which will take place on October 23, 24, 25, 29, 30, 31, and Nov 1, will feature a panel of speakers on the issues raised in the play. On one of these evenings, speakers representing SAGE Upstate will be part of the panel. Watch our weekly email to get the date, or call SAGE for info and discounted tickets! For more information: <http://www.theredhouse.org/> or call 315-362-2785. The Redhouse is located at 201 S. West Street in Syracuse.



Upcoming SAGE Upstate Second Sundays in Syracuse:

November 9: Thanksgiving Feast  
December 14: SAGEFest



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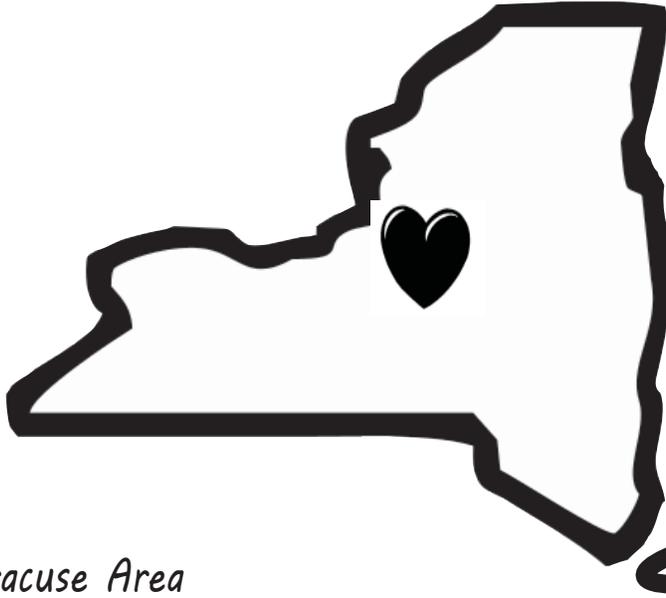
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# Around CNY



## Oswego Area

**SAGE Oswego Potluck**, Sunday October 26, 2 pm at Fallbrook Recreation Center, 103 Thompson Rd. Bring a dish to pass if you are able. This month we're playing cards and games.

The **Coffee Connection**, 148 Water St. in Oswego, is a great, LGBT-affirming place to meet and hang out. Check them out on Facebook.

## Cortland Area

**SAGE Dinner in Cortland**, Thursday October 16, 4 pm at Cortland LGBT Resource Center, 73 Main St., Cortland NY 13045. All food will be provided by SAGE Upstate. Please RSVP to Hannah at 315-478-1923 or hradcliff@sageupstate.org.

**Groups meeting at the Cortland LGBT Resource Center:** Men's Peer-led Social Group, 3rd Wednesday, 6 pm; LGBT Youth Peer-led Social Group, 2nd Wednesday, 6 pm. Groups meet at the LGBT Resource Center, 73 Main St., Cortland. For info on any of the groups, contact the Center at 607-756-8970. x1

## Utica Area

**SAGE Utica Potluck**, Saturday, October 4, 5 pm at Utica Unitarian Church, 10 Higby Rd. Please bring a dish to pass if you are able.

The **Allied Utica Men's Potluck** is held on the 3rd Saturday of each month, this month on the 19th. For location/information, contact allied\_up@hushmail.com, or call R.J. at (315) 797-8949.

The **Tramontane Cafe** is a welcoming and affirming place for LGBT people to gather. The "Tram" is located at 1105 Lincoln Ave with a second entrance on Hart Street. You can reach them by phone at (315) 732-8257. Check them out on Facebook for upcoming events.

## Syracuse Area

**Show Trans**, a reading and book signing with Elliott Deline, will be held on October 17, 7:30 pm at the Westcott Community Center (826 Euclid Ave in Syracuse). DeLine will read from his new book *Show Trans: A nonfiction novel about the struggle to find love, connection, and self-actualization as a non-binary trans person*. Free event with coffee + chance to win a signed copy!

**CNY Pride Holiday Craft/UP-Cycling Festival:** November 15, at First English Lutheran (FEL) Church 501 James St. Hosted in conjunction with FEL's Youth Group. The event will include Craft/UP-Cycling Vendor Show, CNY Pride's Pancake Breakfast, raffles, and lunch. The recycling-focused craft show runs from 10 am to 4:30 pm. For more info, contact Bob Forbes at: RbtForbes@aol.com.

**Vera House 17th Annual Elder Abuse Conference:** Save the date -- December 12, 8 am - 4 pm at Doubletree Hotel in East Syracuse.

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## volunteer corner

by barbara johnson  
office/volunteer manager

### volunteer needs this month: Halloween Dance, October 25 SAGE Shares Newsletter Mailing (end of month)

Volunteers are needed for our annual Halloween Dance this month. We are also looking for SAGE Shares volunteers to do home and hospital visits, give rides, and do other things to help those among us who are in need. Interested?

Please contact me at 315.478.1923 ext.2.  
Again, thank you for helping SAGE Upstate.

## Food Pantry News

Thanks also to those of you who have been dropping off food and making donations. For those who would like to support the food pantry, you can either bring non-perishable, not expired food items to potlucks, groups, or the center during drop in hours; OR you can make a donation earmarked for the pantry, and we will use the funds to purchase food from the Central New York Food Bank.

### Order a \$15.50 Food\$en\$e Package!

Anyone (no income requirements) can participate in Food \$en\$e, a CNY Food Bank program designed to increase self-sufficiency by helping individuals stretch their food dollars. Place your order with SAGE Upstate and we will reserve a Food\$en\$e package for you. You can pay for your food package when ordering with cash, check (payable to SAGE Upstate), or charge. SAGE will collect the money from participants, make the order, and pick it up.

**October order deadline: Friday 10/10**

*\*\* When you order we will give you the pick up date. You must pick up on the designated day, as SAGE does not have freezer space to hold items for you\*\**

### LESBIAN, GAY, BISEXUAL, & TRANSGENDER RESOURCE CENTER (LGBT RC)

division of student affairs  
@ syracuse university

a: 750 Ostrom Ave, Syracuse NY  
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### Elder Planning Advocacy Case Management

*ASW and Associates promote independence for seniors before, during, and after residence transitions, including assessment, facility selection, care plan development and monitoring, and advocacy.*



Anne Schug Williams  
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