

SAGE Upstate Expands Membership

Who is a SAGE Upstate member? Probably you. We are expanding our definition of membership to include all who participate in programs, volunteer, get the newsletter or are active in SAGE activities. It's the people who really make our organization, and we want all older GLBT people in CNY and our allies to feel a sense of belonging here.

Our members keep SAGE Upstate strong and vital in many ways. They volunteer in the center, fold newsletters, bring canned goods to the food pantry, lead and participate in groups, dance, knit, write, meet new friends, share potluck dinners and reach out to help each other.

SAGE members also contribute the dollars which are needed to sustain and build the organization. Membership dues have been a major way of donating to SAGE and over the years so many people have given so generously. We are so grateful for this support, but SAGE Upstate doesn't serve only those who donate. We serve all older GLBT people and allies in a seven county area of Central New York.

Because SAGE wants to be inclusive of all, our definition of membership has changed. We are extending membership -- without cost -- to everyone who receives our newsletter or participates in any of our programs. Everyone will be included among our members. What about those who do not wish to be members? Just let us know and we will remove your name from the list. If you've already paid dues, nothing will change, except you will not receive a renewal notice.

This doesn't change the fact that SAGE depends on the generosity of those who are able to donate. This month, you will receive an appeal letter about our programs and initiatives designed to bring older GLBT people together throughout our region. If you choose to donate, this will be your opportunity to support our work in the community.

We thank all who participate in our organization. SAGE Upstate is not just the board, or the staff, or the donors -- it's you.

Second Sunday: 11/9 Thanksgiving Feast 3:00 pm



Turkey and all the trimmings (vegetarian options too) provided by SAGE Upstate. Ballroom, 431 E. Fayette St. Syracuse

Transgender Day of Remembrance

Transgender Day of Remembrance (TDOR) is an annual observance on November 20 that honors the memory of those whose lives were lost in acts of anti-transgender violence. Individuals and organizations around the country work to raise the visibility of transgender and gender non-conforming people and address the issues these communities face. TDOR was started by transgender advocate Gwendolyn Ann Smith as a vigil to honor the memory of Rita Hester, a transgender woman who was killed in 1998. The vigil commemorated all the transgender people lost to violence that year and began an important memorial that has become the annual Transgender Day of Remembrance. For local events, watch the SAGE Upstate weekly email, or call SAGE at 478-1923.

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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.

I just read an article in the New York Times -- maybe you saw it too. The title was "What if Age Is Nothing but a Mindset?" It's something I've thought of quite often -- how our attitude affects how we feel as we grow older. I certainly don't feel like I imagined I would at 56. My dad once told me, he was probably in his 30s or 40s, that he felt the same way he did when he was 18. I laughed at him, it seemed incredulous to me. He was old. Now I see the 30s and 40s as young. And in some ways, I still feel like I did at 18, just like my dad.

The article is about research done by Ellen Langer, Professor of Psychology at Harvard. In 1981, she gathered 8 men in a monastery in New Hampshire that was converted to conjure 1959. Everything -- books, tv shows, magazines, furnishings -- were all from that period. The men were instructed to act as if it was 1959 for their 5 day stay. They were to "make a psychological attempt to be the person they were" 22 years prior.

I meet people every day who see aging as an excursion -- something to be explored.

The results? They showed greater manual dexterity. They sat and stood taller. Their sight improved. They looked younger. And, they outperformed a control group of men who inhabited the place and only reminisced (they didn't act as if it was real).

What can we take from this? I don't really want to live in the past or act like I did when I was younger -- don't want to make those mistakes again! But I do want to acknowledge that our health -- and our illnesses -- are connected to how we feel, how we think. It's not as simple thinking a positive outlook can cure disease. The alternative seems more probable -- a negative outlook might make us more prone to aging less healthy than we'd like. In any case, it would probably do us all good to realize that there is a mind-body connection that affects aging.

The way I feel about aging has changed considerably over the past 11 years since I've been here at SAGE. Before then, I saw it as an end stage, something to be avoided. Now I meet people every day who treat it as an excursion -- something to be explored. I used to see it as death, but now I'm surrounded by people who see it as growth. I'm pretty sure that this attitude affects the way they age.

Why am I writing about this? Well, I'm not writing to spout Hallmark quotes about smiles being the best medicine. I guess I'm just trying to say that at SAGE, we want to offer the chance for people to come together and share all that is good about aging. And usually at the top of the list is each other. *Hope to see you at the Thanksgiving Feast or some other event this month. --Kim*

Your Health

No Stomach For Cancer!

November is National Stomach Cancer Awareness Month. "No Stomach For Cancer" is an organization that works to raise awareness. Knowledge about the disease and risk factors saves lives.

Risk Factors

Some are out of our control: age over 55, being male, type A blood, family history. Also Hispanic Americans, African Americans, Pacific Islanders and Asian Americans have higher risk. Other risk factors are related to lifestyle: smoking, obesity, diet rich in smoked, salted, and pickled foods and low in fresh fruits and vegetables. H. pylori is a common, treatable infection which leads to stomach inflammation and may increase the risk of developing gastric cancer.

Reducing Risk

Risk can be lessened with health and lifestyle choices.

- ✓ Early detection greatly improves outcomes
- ✓ Quit smoking
- ✓ Follow a diet rich in fruits and vegetables
- ✓ Get treatment for H. pylori infection
- ✓ Know your family history
- ✓ Be proactive -- talk to your doctor

Signs & Symptoms

Early stage stomach cancer rarely causes symptoms which makes detection difficult. "No Stomach For Cancer" recommends that you "go with your gut" -- if you feel that something is wrong, talk to your doctor.

These symptoms could be related to many types of gastrointestinal illnesses, but can also be signs of stomach cancer -- talk to your doctor if you notice any.

- ✓ Loss of appetite
- ✓ Unexplained weight loss
- ✓ Bloating
- ✓ Feeling full after only eating a small amount
- ✓ Abdominal pain/discomfort usually above navel
- ✓ Heartburn, indigestion, ulcer-type symptoms
- ✓ Nausea
- ✓ Vomiting

For more information: www.nostomachforcancer.org
or www.cancer.org

Book Review: Hello Darling, Are You Working? by Rupert Everett



Reviewer and SAGE volunteer Nancy Golash offers her take on this book, which is available in the SAGE Upstate Lending Library.

British actor Rupert Everett authors this story of party boy Rhys Waveral. The life of this out-of-work actor, a fleetingly popular British daytime television star, drifts throughout the story, constantly interchanging time periods.

The non-linear time line can be a bit befuddling at times, when the reader is suddenly shifted backwards into the past, without warning. Another murky point is whether the actor is in fact gay, as the author would have you believe in the first chapter. Rhys is married and Everett briefly references him making love to women. Perhaps he does this because that is what is expected of him by society, or he's a bisexual. It's never really made clear.

Rhys reacts to the sudden loss of his wealth in the Wall Street crash of 1987. The story moves from his family's homes in Scotland and London, to Paris and its clubbing scene, a Hollywood studio, and Tangiers. We are introduced to family, friends and the party crowd. Rhys has been partying like a teenager for years, even after being out of work. Suddenly, he has to grow up and pay his way through life—namely, a sizable hotel bill. He finds his salvation in an invitation to become a traveling companion.

For me, the book was entertaining right from the first chapter. I found the character's childhood obsession about a wedding dress, and his dream of becoming a famous actress both sympathetic and amusing. And parts of the book are a fun read, full of eclectic characters and situations.

However, the abstract writing may not be for everyone. At times I got a bit frustrated with the narrative, yet I found it very intriguing. It's as if the writing is meant to reflect the life of the character. Written in such a spastic manner, I felt like I was in the mind of a coke-head party boy. This wasn't the easiest work of fiction that I've ever read, and I didn't entirely enjoy this book. That said, I like being challenged to think out of the literary box, now and then. And this story certainly does that.

PROGRAM NEWS



By Hannah Radcliff-Hoy,
Program Administrator

This month all of our potluck programs are celebrating Thanksgiving. Turkey will be provided for the Cortland, Oswego, and Utica gatherings and participants are asked to bring sides. In Cortland the event will be held on the third Friday (11/21) at 5 PM in the Cortland LGBT Center, 73 Main St. The Oswego gathering, on 11/23 at 2 pm, will meet in a new location, Trinity Methodist, 45

E. Utica St in Oswego. The Utica potluck will meet on the on the second Saturday (11/8) at 5 PM at the Unitarian Church, 10 Higby Road.

On the Second Sunday in Syracuse, all food will be provided (no need to bring a dish to pass). We'll be meeting a little earlier -- at 3 pm -- on 11/9. There is no admission cost; a "pass the hat" donation will be collected.

At our Women's Empowerment workshop, held in September, there was interest in starting a peer support group for women. Are you interested? If so, please answer a short survey with your preferences for meeting time and topics:, <https://www.surveymonkey.com/s/3NMXDT8>, or as always you can call or email me directly.



Groups in October:

L-R: Jim from the biking group, writers group, Oswego potluck.



First Friday of each month

This month: 11/7

Next month: 12/5

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, sharing stories, music, poetry, and other treasures. And of course, pie!

Your Health

Healthy Aging Advice from the Mayo Clinic

You know about wrinkles and gray hair, but do you know how aging affects the rest of you? Your body is going to change in many ways, but there are things you can do to promote good health. For more info: www.mayoclinic.org.



Cardiovascular

Aging hearts can beat slower and arteries get stiffer making it harder to circulate blood -- this can cause high blood pressure. **What you can do:** get daily physical activity, eat healthy (veggies, fruits, grains, high fiber foods, lean protein), don't smoke, manage stress.



Bones, Joints, Muscles

Aging bones shrink in size and density, and become weaker and more likely to fracture. Muscles lose strength and flexibility, affecting coordination and balance. **What you can do:** get enough calcium (dairy, almonds, broccoli, kale, canned salmon, sardines, soy products), get enough Vitamin D (sun, oily fish, egg yolks, fortified milk), get activity daily. Avoid smoking, drinking and substances.



Digestive System

Medicine, health issues, a low-fiber diet, inactivity -- combined with aging -- can make constipation more common. **What you can do:** eat high fiber foods (fruits, vegetables, whole grains), get daily physical activity, and when you've got to go -- go! Waiting can lead to constipation.



Bladder and Urinary Tract

Aging and health issues like diabetes, menopause and enlarged prostate can lead to loss of bladder control. **What you can do:** Go to bathroom on a regular schedule, starting at short intervals (every hour) and increasing time between trips. Maintain a healthy weight, stop smoking, do Kegel exercises (tighten pelvic muscles for 5 seconds, relax 5 seconds -- do this 4 or 5 times in a row, working up to keeping muscles tightened for 10 seconds).



Weight

Aging makes it harder to stay at a healthy weight because muscle mass is decreasing and body fat takes its place. **What you can do:** Engage in physical activity daily, eat a healthy diet, watch portion sizes.

Memory

Memory can become less efficient with age, but if memory loss disrupts your day to day life, talk to your doctor. **What you can do:** Eating heart-healthy foods may affect the brain, and alcohol and other substances can increase memory problems. Exercise your body and mind -- do crossword puzzles, take alternative routes on routine trips, learn something new. Being social wards off depression and stress, contributors to memory loss.



Eyes and Ears

Looking at things close up gets harder and you may become more sensitive to glare. Cataracts may form. Hearing can dim and you may have trouble with high frequencies or background noise. **What you can do:** Have check-ups regularly. Wear sunglasses outside and earplugs in loud environments.



Teeth

Your gums may recede and certain medications can cause drymouth. This can make you more susceptible to decay. **What you can do:** Brush and floss and schedule regular check-ups.



Skin

It becomes less elastic and more fragile. You might bruise more easily and have drier skin. Wrinkles, age spots and skin tags are more common. **What you can do:** Use mild soap and moisturizer and bathe in warm, not hot, water. Use sunscreen. Check skin regularly and report changes to your doctor. Smoking contributes to wrinkling and other skin problems.



Sexuality

Needs, patterns, and performance may change. Illness and/or medications may affect your ability to enjoy sex. **What you can do:** Talk to your partner and consider experimenting with new activities and/or positions. Your doctor may also be able to recommend specific treatments.



November 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 Trans Social, 7p
2	3 Monday Men's Group, 6p	4 Oil Painting, 4:30 p Yoga, 6 pm	5 Al-Anon, 12p Writers, 5:30p Knitting, 7p Scrabble, 7p	6	7 3 O'Clock Pie, 3pm	8 Utica Potluck, 5p Bisexual Social/Support Group, 7p
9 2nd Sunday in Syracuse: Thanksgiving Feast 3:00 pm (note time change)	10 Monday Men's Group, 6p	11 LGBT Grief Support, 6:30 pm Yoga 6 pm	12 Al-Anon, 12p Writers, 5:30p Knitting, 7p	13	14 Uzuri, 6:30 p	15 Trans Social, 7p
16	17 Monday Men's Group, 6p	18 Yoga, 6 pm	19 Al-Anon, 12p Writers, 5:30p Knitting, 7p Scrabble, 7p	20	21 Cortland Potluck, 5p Men's Night Out, 6:30p	22
23 Oswego Potluck 2pm 30	24 Monday Men's Group, 6p	25	26 Al-Anon, 12p 60+, 12:30p Writers, 5:30p Knitting, 7p	27	28 Women's Social, 6p	29

SAGE Upstate is working to make life better for older gay, lesbian, bisexual and transgender people in CNY ... and we need your help.

- ★ **SAGE Promotes Health** with classes, resources, support groups and food programs
- ★ **SAGE Reaches Out** in Syracuse and 7 counties in CNY
- ★ **SAGE Makes Connections** bringing education to providers and resources to you.
- ★ **SAGE Builds A Community** of friends who share and help each other

Programs this month

Meetings that are held at 431 E Fayette St. in Syracuse are marked: **DH** -- Derrickson Hardy Room, **FM** = Front meeting room, **DI** = Drop-In Lounge, **KI** = Kitchen; **BR** = 2nd floor Ballroom ; **1st** = 1st floor meeting room.

Meetings that are held in the community are marked **COM**

Program	Location/Day	Description
3 O'Clock Pie	DH First Friday	Social for SAGERS with pie and other fun socializing.
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 Potluck	COM 11/21	Cortland Area SAGERS -- gather for a Thanksgiving Potluck at the Cortland LGBT Center. Turkey provided -- bring a side if you are able.
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.
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 11/4	For beginners, experienced painters.
Oswego Potluck	COM 11/23	SAGERS from Oswego and beyond meet for a potluck. NEW LOCATION: Trinity Methodist, 45 E Utica St. in Oswego. Thanksgiving celebration, turkey provided -- bring a side to pass if you are able.
Scrabble	DI 1st,3rd Wed	Meet in the Center for Scrabble.
Second Sunday Potluck in Syracuse	BR 2nd Sun.	Join us for a Thanksgiving Fest! SAGE will provided Turkey, all the trimmings, and a vegetarian option.
Trans Social	DI 1st,3rd, Sat	Safe space for aging Trans. Bring snack/game if you are able.
Utica Potluck	COM , 11/8	SAGERS from Utica and beyond meet for a potluck at Utica Unitarian Church, 10 Higby Rd. Turkey provided, please bring a side 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. Through 11/18	Stephen Ross will lead this weekly class for participants at all levels of yoga skill and experience.

We have extended membership and no dues will be collected. You may have received our year end appeal letter -- this is your chance to support SAGE.

Please see the appeal form on the back page!

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Community Dinner draws 125

The second annual SAGE Upstate Community Dinner on September 28th brought together more than 125 people in a gathering of GLBT community including allies and friends of all ages. Funds raised at the event exceeded expectations and will help to continue SAGE programs and services. But beyond fundraising, it was the spirit of community that prevailed.

Many people had a part to play in the success of the Dinner. Organizers Judy Papenfus (Chair), Rene Hunter, Ron Baldwin, Steve Simon, Gretchen Barfoot Will Doswell and Barb Genton worked with SAGE staff members to ensure a wonderful evening. SAGE members joined with volunteers from the Q Center to serve hors d'oeuvres and dinner. Local businesses and community members donated gift baskets for a silent auction. Congratulatory letters were read from Syracuse Mayor Stephanie Minor and Onondaga County Executive Joanie Mahoney and the crowd acknowledged the attendance of New York State Assembly member Al Stirpe. A stirring and amusing performance by Syracuse actor and entertainer Frank Fiumano ended the evening with a bang, as the crowd joined him in a rousing rendition of *I Am What I Am!*

The delicious meal itself was a gift to SAGE from the Friends of Dorothy AIDS Hospice. Michael DeSalvo and Nick Orth, along with Chef Nick's kitchen crew Tom, Chris, Phil, Joe, Minnie Bruce, Chad, Jim and Peggy provided the dinner in a spirit of sharing and support – one community group to another. Acknowledging that our community is strongest when we all work together Michael addressed the group, saying:

We still have a road ahead to create equality and justice. The issues of racism, classism, internalized homophobia, sexism and ageism still exist not only outside our community, but in it. Let us acknowledge this and work to stop, and heal it. Let's acknowledge how connected we all are. It is in this spirit of connection that we give this gift to SAGE.

SAGE Upstate extends thanks and great appreciation to Friends of Dorothy, The Q Center, all of the community businesses and supporters of this event and everyone who attended. Together we can carry forward that spirit of support and sharing as we work to build a stronger community, for all people.



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Looking to make some new friends while doing something that makes a difference? Volunteer with SAGE Upstate. Contact Barbara at 315-478-1923 or bjohnson@sageupstate.org



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Thank You

to all who made the 2014 SAGE Upstate
Community Dinner a huge success!



**Friends of Dorothy Kitchen Crew
Q Center Volunteers**

Planning Committee:

Judy Papenfus, Chair

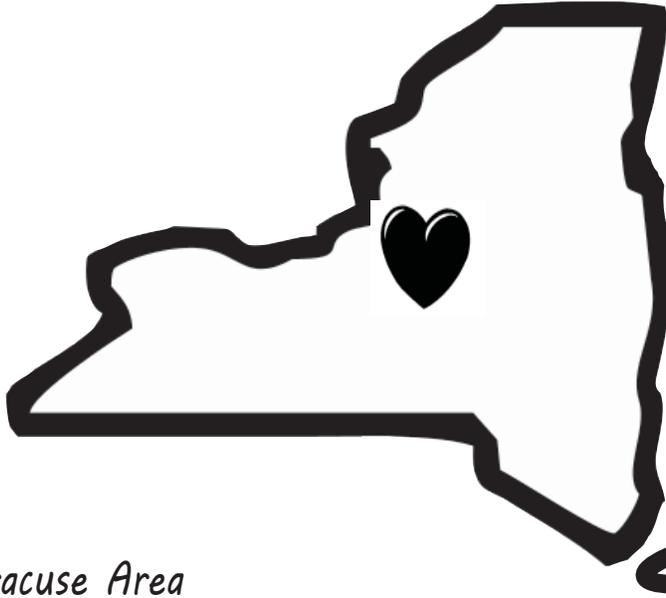
Ron Baldwin	Gretchen Barfoot
Will Doswell	Barb Genton
Rene Hunter	Steve Simon

Auction Donors:

Tom Ager	Deborah Hardy
Arlene Ahl	Wendy Harris
Lynne Arnault	Rene Hunter
ArtRage	Ida Benderson Group
Rob Bacon Antiques	Jeff Kries Heating & Cooling
Ron Baldwin	Laci's Tapas Bar
Gretchen Barfoot	Natur-Tyme
Paul Barfoot	Onondaga Historical Association
Sam Basile	Judy Papenfus
Ed Becker	Radhika Reddy
Boom Babies	Sanctuary Spa
Cheesecake Factory	Shoppingtown Theater
Dori Colvin	Steve Simon
& Robin Latham	Spa Zend
DG Leather	Sparky Town
Dinosaur Barbecue	Paul Sweet
Lois Domsic	Symphoria
Dominick's	Syracuse Soapworks
Willard Dowsell	Trader Joe's
Ed Becker Antiques	The Mission Restaurant
Anne Fairbrother	
Barb Genton	
Karen Goldman	
Christopher Griffith	



Around CNY



Oswego Area

SAGE Oswego Potluck, Sunday November 23, 2 pm. NEW LOCATION: Trinity Methodist, 45 E. Utica St in Oswego. Thanksgiving celebration: Turkey will be provide, please bring a side to pass if you are able.

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 Potluck in Cortland, Thanksgiving celebration on the third Friday (11/21) at 5 PM in the Cortland LGBT Center, 73 Main St. Turkey provided, please bring a side to pass if you are able.

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, Thanksgiving celebration on the on the second Saturday (11/8) at 5 PM at the Unitarian Church, 10 Higby Road. Turkey provided, please bring a side 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

CNY Pride Holiday Craft Festival and Pancake Breakfast: November 15, at First English Lutheran Church 501 James St. Pancake Breakfast and morning raffle starting at 8:30 am, \$5 donation to benefit CNY Pride. Craft Festival 10 am - 4:30 pm. New craft items as well as recycled, reused, and upcycled items. For more info, contact Bob Forbes at: RbtForbes@aol.com.

At Vera House: No More Sorrow, No more Silence: The Voice of a Survivor, Thursday, 11-20, 5:30 - 7 pm, Noble Health Services, 6040 Tarbell Rd. Presentation by survivor Jennifer Nadler, M.S.Ed. Refreshments served. The **17th Annual Elder Abuse Conference:** Save the date -- December 12, 8 am - 4 pm at Doubletree Hotel in East Syracuse.

Trans*cending Gender @ ArtRage, Opening reception 11-8, exhibit runs through January 2015. Artists pose questions about masculinity and femininity, traditional gender norms, and what shapes identity. For more info: artragegallery.org.

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volunteer corner

by barbara johnson
office/volunteer manager

volunteer needs this month: Rides and other help Newsletter Mailing (end of month)

Transportation to and from SAGE events is a challenge for several of our members. We have a few people in and around the Syracuse area that would like to attend the Thanksgiving Potluck but are unable to secure a ride. In addition, a member who participates in the Food Sense program is unable to pick up his monthly package. He lives in Brighton Towers. If you are able to volunteer once, twice or as often as your schedule permits to help deliver the food it will be greatly appreciated. To volunteer for rides or food delivery, please give me a call at 315.478.1928 x2 or email me: bjohnson@sageupstate.org

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

division of student affairs
@ syracuse university

a: 750 Ostrom Ave, Syracuse NY
p: 315.443.3953 e: lgbt@syr.edu
fb: [LgbtResourceCenterSU](https://www.facebook.com/LgbtResourceCenterSU)



Food Pantry News

Would you like to support our efforts to provide food for members who may need it? 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!

Food \$en\$e is a CNY Food Bank program designed to help individuals stretch their food dollars. Anyone (no income requirements) can participate. SAGE helps make this easier for you by collecting orders and payment from members, making the order with the Food \$en\$e outlet, then picking it up. You then pick up your package at SAGE. Payment can be made in cash, check (payable to SAGE Upstate) or charge.

November order deadline: Thursday, 11-6

November pick-up date: Wednesday, 11-19

To order, contact Barbara at

478-1923 or bjohnson@sageupstate.org

**** You must pick up on the designated day, as SAGE does not have freezer space to hold items for you****

November Food\$en\$e Menu

Polish Sausage, 1 lb	Cornish Hens, 22 oz
Pollock Fillets, 1 lb	Grnd Pork Sausage, 1 lb
Fresh Mashed Potatoes 24 oz	Turkey Gravy, 10.5oz
Stuffing Mix, 6 oz	Cranberry Sauce, 14 oz
Sweet Potatoes, 15 oz	Frzen Green Beans, 8oz
Pie Shells, 2 ct	2 Fresh Produce (TBA)

In addition to the \$15.50 package, you can also order Specials

1. Whole Chicken Roaster, 8 lbs (Avg) for \$11.00
2. Stuffed Pork Chops, 2 lbs for \$10.50
 - stuffed with apples and cranberries
3. Mashed Potatoes, 5 lbs for \$6.00
4. Italian Meatballs, 5 lbs for \$12.50
5. American Cheese, 5 lbs for \$14.75
 - not individually wrapped
6. Apple Pie, 48 oz for \$4.50
 - from Mrs. Smith, each pie fully cooked
7. Vegetable Lasagna, 6 lbs for \$14.50
 - family-sized Stouffers' product



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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 help SAGE Upstate enrich the lives of older GLBT People!



Name _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Please accept my donation of \$ _____

My gift is enclosed Please bill my credit card

Card # _____ Expiration Date _____ CVV Code _____

Please share your priorities with us: Health and Support Programs Outreach to all of CNY
 Education for providers Building community Other _____

Please mail your tax-deductible donation to: SAGE Upstate, 431 E. Fayette St. Syracuse, NY 13202