

Services and Advocacy for GLBT Elders in Cayuga, Cortland, Jefferson, Madison, Oneida, Onondaga and Oswego Counties

## No more dues! Our Annual Appeal is your chance to support SAGE programs

SAGE membership is now open to all who participate, not just those who pay dues. People bring a variety of types of support to our organization, and that's why we are still here after 18 years. Thankfully, some of those folks make monetary donations and we are very grateful for their continuing support. [Please see page 8](#) for information about the year-end campaign, and find a donation form on the back page.



### Friday, December 5, 3:00 pm

If you didn't make it to 3 O'Clock Pie last month, ask someone who was there about how much fun we had! This month promises to be the same, with conversation, fun games, and of course, delicious baked goods. Any way you slice it, pie is a good thing, and when you add friends and laughter it's even better. This month we'll try a new game and see if it is as silly as the one we played last month! This gathering will be held on the First Friday of every month at 3:00 pm in the SAGE Upstate Center.

## Second Sunday Potluck: 12/14 Holiday Swap

**New Winter Hours:**  
**Social time: 3 pm**  
**Program: 4 pm**  
**Dinner: 5 pm**



*It's a re-gift extravaganza! We all have received gifts we weren't thrilled with, right? Maybe we were going to take it back but we didn't and now it's just sitting somewhere in our house gathering dust. Now it's your chance to dust that item off, wrap it up, and trade it in for something new! Bring a gift to the 2nd Sunday potluck and we'll have a swap that's full of surprises! 2nd Floor Ballroom, 431E. Fayette St. Syracuse. Bring a dish to pass if you are able!*

### Inside This Issue:

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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.

Do you have friends who are listening to Holiday music non-stop already? For some, it's a central part of their lives this month. I have to admit a particular fondness for the one about lovely weather for a sleigh ride...

But while some of us are jingling bells, others are feeling more down at this time of the year than any other month. Think about those songs -- Home for the Holidays? That sounds tragic for some. Joy to the World, the Lord has come? Some of us have been told the Lord is coming to punish us. And even the secular songs remind us that the holidays are best spent with the one you love, which leaves the single folks literally out in the cold. Sure, we get these sort of messages all year round, but at this time of the year if you don't feel at home in any faith community, if you are alone, if you are separated from family, you get the message that you are an outsider 24/7.

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*While some of us are jingling bells,  
others are feeling more down at this  
time of year than any other ...*

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What's most troubling is the assumption that everyone should love the holidays, that everyone should be kind to each other (forget the rest of the year), that if you aren't feeling the magic you're just not trying hard enough. It's a good thing that our community is used to standing up to the powers that be. We know all about our right to say bah humbug, stay neutral, proclaim our faith, or wear a holiday sweater every day this month. You'll find folks doing all of these things at SAGE, and thank goodness, everyone understands the idea of different strokes for different folks. It's really what makes life interesting.

If you are particularly down this time of year, talk to a friend or counselor -- it helps. Try to realize that it's a cloud that will pass. Come to SAGE and have fun with friends and people you've never met. Chances are you'll find someone else who's a little blue. Maybe putting a smile on their face will make you smile too.

If you have nowhere to celebrate with friends -- and you want to -- SAGE Upstate has options available on Christmas Eve and New Years Day. Please call me and I will give you the details (there's also some info on pages 6 and 7). No one needs to be alone when there are SAGE friends around. Of course, we'll also have 4 potlucks -- the one in Syracuse (12/14) is a holiday swap. In Cortland, the potluck will be held on 12/18, in Utica on 12/20, and in Oswego it will be 12/28. I also want to say that this spirit at SAGE lasts more than a month -- we celebrate with each other all year long! *Hope to see you at an event this month. --Kim*

# Your Health

## 10 things bisexuals should cover with their doctor.

GLMA: Health Professionals Advancing LGBT Equality have identified these health issues as the most common concerns for bisexuals. Source: [glma.org](http://glma.org).



### 1. Come Out to your Healthcare Provider

Letting your provider know you are bisexual will allow for the best care possible, and should lead to specific questions and appropriate testing and screenings. If your provider does not seem comfortable with your sexual orientation, find another provider.

### 2. HIV/AIDS, Safer Sex

Many men who have sex with men are at an increased risk of HIV infection. Share information about your partners with your doctor and talk to your doctor immediately following a potential exposure. They can offer information about Post-Exposure-Prophylaxis and about prevention options. Although women who have sex with women have lower rates of HIV, but it is important to understand and practice safer sex.

### 3. Hepatitis Immunization and Screening

If you have sex with multiple partners (of any gender) you are at an increased risk of hepatitis, which causes serious conditions of the liver. Universal immunization for the Hepatitis A and B Viruses are recommended for all sexually active people. Safe sex is currently the only means of prevention for the Hepatitis C Virus, and there are new, more effective treatments now.

### 4. Fitness (Diet and Exercise)

Problems with body image and eating disorders are more common among bisexuals. While regular exercise is good for your health, too much of a good thing can be harmful. The use of anabolic steroids and certain supplements can be dangerous. Being overweight or obese can lead a number of health problems, including diabetes, high blood pressure, and heart disease and breast cancer.

### 5. Substance Use/Alcohol

Bisexuals may use substances at a higher rate than the general population, including amyl nitrite (“poppers”), marijuana, Ecstasy, and amphetamines. Their long-term effects are unknown but they may cause potentially serious consequences as we age. If your drug use is causing problems, talk to your doctor.

### 6. Depression/Anxiety

Bisexuals appear to be affected at a higher rate than in the general population, especially those who remain in the closet or have few social supports. Culturally sensitive mental health services can lead to prevention, early detection, and treatment of these conditions.

### 7. STDs

All sexually active people are at risk for sexually transmitted diseases (STDs). For some, effective treatment is available (syphilis, gonorrhea, chlamydia, pubic lice, and others), and for others no cure is available (HIV, Hepatitis, Human Papilloma Virus, herpes, etc). Prevention through safer sex practices reduce risk.

### 8. Prostate, Testicular, Breast, Cervical and Colon Cancer

Bisexuals may be at higher risk because of lack of access to screenings, and should seek out and undergo them as recommended for the general population.

### 9. Tobacco

Recent research shows higher rates of tobacco use among bisexuals -- nearly 50 percent in several studies. This can lead to lung disease and lung cancer, heart disease, high blood pressure, and a whole host of other serious problems. Smoking cessation programs are available, and can help.

### 10. HPV (virus that causes warts and can lead to anal & cervical cancer)

Human papilloma virus (HPV) — which causes anal and genital warts may play a role in the increased rates of anal cancers in bisexual men. Talk to your doctor about routine screening with anal Pap Smears, similar to the test done for women to detect early cancers. Treatments for HPV do exist, but recurrences of the warts are very common, and the rate at which the infection can be spread between partners is very high. Women should have routine pap smears as instructed by their clinician.

# PROGRAM NEWS



By Hannah Radcliff-Hoy,  
Program Administrator

This month **Uzuri** will be hosting their annual service project. They are asking people to donate toys, toiletries, books, and non-perishable food items to give to individuals and community organizations. They will be packing boxes up on Friday, December 12th at 6:30 pm. This event is open to everyone. If you can't make it that day feel free to drop items off in the center beforehand.

There is a new **peer support group for men** meeting every other Tuesday at 10 AM. Their first meeting will be on December 2nd. If you would like to join, contact Hannah at 315-478-1923 or [hradcliff@sageupstate.org](mailto:hradcliff@sageupstate.org).

**60+ Circle of Friends luncheon** have changed the date of their group for December. They will be meeting on December 17th at 12:30pm. If you would like more information, please contact the office.

**Oil Painting** will be meeting on the 2nd Tuesday, December 9th at 4:30pm. This group is open to every skill level, or any one interested in trying to paint.

**Join us for a potluck near you:** Starting last month **new winter hours** are in effect for Syracuse Potlucks. Join us at 3 pm on the 2nd Sunday for socializing, 4 pm for the program (a yankee swap!) and 5 pm for a potluck supper -- bring a dish to pass if you are able. For the swap, we are asking people to bring 1 or 2 new or gently used items. The Cortland Potluck will be held on December 18 at the Cortland LGBT Resource Center (73 Main St.), the Utica Potluck will be held on December 20 at 5 pm (UU Church at 10 Higby Rd), and the Oswego Potluck will be held on December 28th at 2 pm (Trinity Methodist at 45 E. Utica St.).

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## Trans Tipping Point Event Held at SAGE in October

The Empire State Pride Agenda hosted an educational event on Transgender issues which brought National Coalition on Transgender Equality Chair Mara Keisling to Syracuse. The event, co-sponsored by the Trans Alliance of CNY and SAGE Upstate, featured Pride Agenda Director Nathan Schaefer and Organizing Director

Sheila Sable, comments by Mallory Livingston of the Transgender Alliance and a panel of trans people of all ages. *Pictured L-R, Hannah Radcliff-Hoy, Mara Keisling, Kim Dill.*



The Syracuse Gay and Lesbian Chorus  
presents

## Sounds of the Season

December 5 & 6, 8 pm

Pebble Hill Presbyterian Church

5299 Jamesville Rd in Dewitt

Adults: \$18 (\$20 at door)

Students/ Seniors \$15 (\$18 at door)



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or from any Chorus member

# Your Health

## World AIDS Day: December 1

Observed on the first day of December each year, World AIDS Day is dedicated to raising awareness about the AIDS pandemic. This year's theme is "Getting To Zero," highlighting new scientific and policy advances and their potential they bring toward achieving zero new infections, zero AIDS-related deaths, and zero discrimination.

### In the US

Gay and bisexual men continue to be the most severely affected group. Some 4% of US men have sex with men but they account for 63% of all new cases. More than half (52%) of all people living with AIDS in the US are men who have sex with men. Some 12% of the US population is African American, but they make up 44% of people living with AIDS. Hispanics, who make up 16% of the US population, account for 19% of people living with AIDS.

### Many don't know

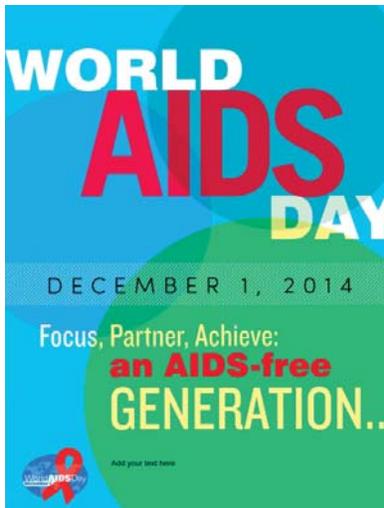
1 in 6 people living with AIDS in the US are unaware of their infection. About 1 in 4 new AIDS cases is among people aged 13 - 24. Most do not know and are not getting treated.

### World Pandemic

At this point, more than 33 million people around the world are living with HIV/AIDS. The vast majority (97%) live in low and middle income countries, particularly in Sub-Saharan Africa. According to the World Health Organization, most people living with AIDS have no access to care or treatment. Though this leaves many countries hard-hit with an impact on households, communities, and economies, there have been some promising strategies for prevention which have led to decreases in some areas. In addition, more people than ever before are being treated for HIV/AIDS.

### Reducing Risk

Practice safer sex with condoms and latex barriers. Get tested so you know your status, and talk to your partner(s) about their test results. Talk to your doctor about **pre-exposure prophylaxis (PrEP)**. PrEP is a new HIV prevention method in which people who are not infected take a pill each day to reduce their risk of being infected. The Centers for Disease Control recommends PrEP for those who are HIV negative and considered a substantial risk for HIV. **Post-exposure prophylaxis (PEP)** involves anti-HIV medications as soon as possible after you may have been exposed. To be effective, PEP must begin within 72 hours of exposure. The method consists of 2 or 3 antiretroviral medications that are taken for 28 days. Your doctor will determine which treatment is right for you.



### Get tested

#### @ SAGE & other locations

On Thursday, December 18, Dale Woolson of ACRHealth will be at SAGE from

10 am - 2 pm to do free HIV and STI screenings. You can call for an appointment, but walk-ins are also welcome. To be tested at ACR Health in Syracuse or Utica, call 1-800-475-2430 during business hours. To find out where to go in your area for HIV counseling and testing, call the CDC Info line at 1-800-232-2636, or your local county health department: Cayuga 315-2531560; Cortland 607-753-5036; Jefferson 315-786-3720; Madison 315-366-2361; Oneida 315-798-6400; Onondaga 315-435-3252; Oswego 315-349-3545.

**ACR Health will hold a World AIDS Day Commemoration on December 1, 7:30 pm, at Lemoyne College's Panasci Chapel. The Syracuse Gay and Lesbian Chorus will perform.**

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# December 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<br>Monday Men's Group, 6 pm  | 2<br>Men's Support Group, 10 am                           | 3<br>Al-Anon, 12 pm<br>Writers, 5:30 pm<br>Knitting, 7 pm<br>Scrabble, 7 pm                      | 4                                                                     | 5<br>3 O'clock Pie, 3 pm       | 6<br>Trans Social, 7 pm                         |
| 7                                                                 | 8<br>Monday Men's Group, 6 pm  | 9<br>Oil Painting, 4:30 pm<br>LGBT Grief Support, 6:30 pm | 10<br>Al-Anon, 12 pm<br>Writers, 5:30 pm<br>Knitting, 7 pm                                       | 11                                                                    | 12<br>Uzuri, 6:30 pm           | 13                                              |
| 14<br>2nd Sunday Potluck in Syracuse:<br>Holiday Swap:<br>3:00 pm | 15<br>Monday Men's Group, 6 pm | 16<br>Men's Support Group, 10 am                          | 17<br>Al-Anon, 12 pm<br>60+, 12:30 pm<br>Writers, 5:30 pm<br>Knitting, 7 pm<br>Scrabble, 7 pm    | 18<br>HIV/AIDS/STD Testing 10 am - 2 pm<br><br>Cortland Potluck, 5 pm | 19<br>Men's Night Out, 6:30 pm | 20<br>Utica Potluck, 5 pm<br>Trans Social, 7 pm |
| 21                                                                | 22<br>Monday Men's Group, 6 pm | 23                                                        | 24<br>Al-Anon, 12 pm<br>Winter Solstice/Christmas Eve 4 pm<br>Writers, 5:30 pm<br>Knitting, 7 pm | 25<br>Center Closed                                                   | 26<br>Women's Social, 6 pm     | 27                                              |
| 28<br>Oswego Potluck 2 pm                                         | 29<br>Monday Men's Group, 6 pm | 30<br>Men's Support Group, 10 am                          | 31<br>Al-Anon, 12 pm<br>Writers, 5:30 pm<br>Knitting, 7 pm                                       | January 1<br>New Year's Day<br>Movies and Games, 1 pm                 |                                |                                                 |

## Winter Solstice/Christmas Eve Get-Together

This open house event will be hosted by Tom Ager and Sam Basile on Wednesday, 12/24 at their home in Syracuse. A traditional meatless buffet will be served including fish, shellfish and pasta dishes. Cocktails begin at 4 pm, dinner will be served around 5 pm. Kids are of course welcome. We have a little dog who is very friendly. RSVP by 13 December to Kim Dill: 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org)



# 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                           | <b>DH</b> First Friday       | Social for SAGERS with pie and other fun socializing.                                                                                                      |
| 60+ Circle of Friends                   | <b>COM</b> 12/17             | LGBT people age 60 & older meet for lunch. Call for location.                                                                                              |
| Al-Anon                                 | <b>DH</b> Wed.               | 12-step group for those living with a loved one's alcoholism                                                                                               |
| Cortland Potluck                        | <b>COM</b> 12/18             | Cortland Area SAGERS -- gather for at the Cortland LGBT Center. Bring a dish to pass if you are able.                                                      |
| Knitting Etc.                           | <b>DI</b> Wednesdays         | For beginners/experienced needlecrafters                                                                                                                   |
| HIV/AIDS/STD Testing                    | 12/18 10 - 2                 | Free HIV and STI screenings done by ACRHealth                                                                                                              |
| LGBT Grief Support Group                | <b>COM</b> , 2nd Tues        | For LGBT people, allies struggling with the loss of a loved one through death -- person or pet. Hope for Bereaved, 4500 Onondaga Blvd, Syracuse, 475-4673. |
| Men's Night Out                         | <b>DI</b> 3rd Friday         | Join SAGE guys for conversation, games, movies, pizza.                                                                                                     |
| Men's Peer Support Group                | <b>DH</b> 12-2, 12-16, 12-30 | Peer support group for men. Open to all interested.                                                                                                        |
| Monday Night Men's Grp                  | <b>DH</b> Mondays            | Closed group, new members accepted twice/year. Call for info.                                                                                              |
| New Year's Day Gathering                | <b>DI</b> 1/1                | Come to SAGE for a double feature movie and a potluck. Call Hannah for more details.                                                                       |
| Oil Painting                            | <b>DI</b> 12/9               | For beginners, experienced painters.                                                                                                                       |
| Oswego Potluck                          | <b>COM</b> 12/28             | SAGERS from Oswego and beyond meet for a potluck. <b>NEW LOCATION:</b> Trinity Methodist, 45 E Utica St. in Oswego. ring a side to pass if you are able.   |
| Scrabble                                | <b>DI</b> 1st,3rd Wed        | Meet in the Center for Scrabble.                                                                                                                           |
| Second Sunday Potluck in Syracuse       | <b>BR</b> 2nd Sun.           | Join us for a potluck and "Holiday Swap" (see page 1). Bring a dish to pass if you able.                                                                   |
| Trans Social                            | <b>DI</b> 1st,3rd, Sat       | Safe space for aging Trans. Bring snack/game if you are able.                                                                                              |
| Utica Potluck                           | <b>COM</b> , 12/20           | SAGERS from Utica and beyond meet for a potluck at Utica Unitarian Church, 10 Higby Rd. Please bring a side dish to pass if you are able.                  |
| Uzuri                                   | <b>DI</b> , 2nd Fri.         | Safe space for GLBT People of Color; social, support, discussion.                                                                                          |
| Winter Solstice/Christmas Eve Gathering | <b>COM</b> 12/24             | SAGE members are holding a gathering on December 24 for other SAGERS see page 6 and RSVP to Kim by 12-13.                                                  |
| Women's Social                          | <b>DI</b> , 4th Fri.         | Cards, games, snacks. Social for SAGE women.                                                                                                               |
| Writers Group                           | <b>DH</b> Wed.               | For experienced and beginning writers.                                                                                                                     |

## What are you doing New Years Day?

SAGE Upstate will host double feature movie in the Center starting at 1 pm on 1/1. Those who wish to play cards or games are welcome to bring some, or use the ones we have here. Snacks and refreshments will be available. For more information, contact Hannah at 315-478-1923 or hradcliff@sageupstate.org.



# At SAGE we are taking care of one another ... You can help.

Our Annual Appeal mailing has gone out, and we are asking for your support. This goes beyond a request for support of SAGE Upstate -- it's a call for support of all Central New York GLBT people as they age.

We know that aging can offer many challenges to people in our community. Despite the many advances we have seen in our lifetimes, oppression of GLBT people continues to leave many of our seniors isolated and unable to access needed services. For every one of us who enjoy the variety of programs and events that SAGE offers there are still many more who still don't know who we are.

**Some of our most important members are people we have never even met!** When you support SAGE Upstate, you fund our efforts to find people who need us. This work is well underway.

Reaching out further into our CNY communities the "SAGE Shares" group stays in touch with our members through hospital visits, check in phone calls and note cards to individuals who may have become home bound or otherwise disconnected from SAGE. "Sage Shares" is there to greet newcomers and make them feel welcome through our ambassador program.

**We want everyone to feel welcome at SAGE. That's why membership is now available to all without dues.** *Instead we depend on your contributions.* SAGE members and friends have always been there to help with the cost of keeping our doors open and our programs available. There are many ways to give. Perhaps it is your time and talent than you can contribute. Or maybe it is a few bills tucked into our annual appeal envelope. You

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*Whatever the amount, your gift will be received with gratitude and the promise that it will be used to provide much needed programs and services to all GLBT people in Central New York.*

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These days when we talk about our monthly potluck dinners we have to remember to ask "Which one?" Cortland and Utica now have monthly potlucks along with Oswego and Syracuse, and there are plans to offer more in Watertown and other CNY locations in the coming year. This outreach is bringing the resources of SAGE to many new members and creating opportunities for supportive new friendships and alliances. It is also bringing new people to our center in downtown Syracuse where they find healthy living programs, creative groups and classes, books to borrow and opportunities to make new friends.

SAGE is also working to expand our network of support by addressing hunger. We offer food preparation classes, a free food pantry and a program that allows people access to nutritious groceries at affordable prices.

might give through a credit card authorization or send in a check. Whatever the amount, we know that each gift is given with generosity. You should know it is received with gratitude and the promise that it will be used to provide much needed programs and services to all GLBT people in Central New York. As SAGE enters its 19th, year we continue to address our original challenge ... **how will we take care of each other when we are old?**

We have always been there for each other. Since the beginning of our liberation movement -- through demonstrations and celebrations, hot lines and pride marches, GLBT people have faced our challenges as a community. Will you help SAGE to continue in this spirit, reaching out to our entire community as we age? Please consider giving to SAGE Upstate in this year-end appeal. There is a reply form on the back of this issue.

# Halloween Dance

Photos by Sam Basile





## HANSEN'S

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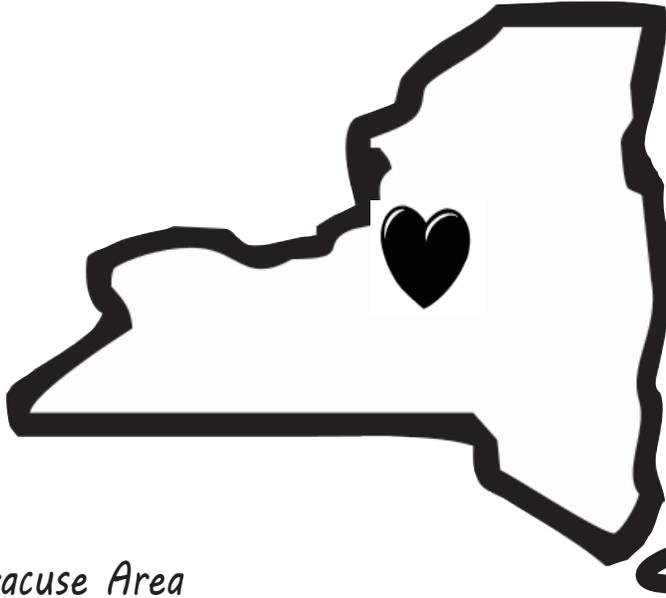
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# Around CNY

## Oswego Area

The **SAGE Oswego Potluck** is held on the 4th Sunday which this month is 12/28, 2 pm. There will be a Holiday Gift Exchange -- call us for more details. **NEW LOCATION:** Trinity Methodist, 45 E. Utica St in Oswego. Please bring a dish 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.

## Syracuse Area

**CNY Pride Holiday Pasta Dinner:** December 13, 4 until 7 pm, at at First English Lutheran Church 501 James St. \$8 per person, \$15 per couple, kids under 5 eat free. Includes salad, pasta, meatballs, bread, beverage, desert and coffee. All proceeds benefit CNY Pride. For more info, contact Bob Forbes at: Rbt-Forbes@aol.com.

**4th Annual Fair Trade Sale at ArtRage:** December 12, 3 - 7 pm. On display will be Fair Trade and handcrafted by Guatemalan artisans such as Handwoven textiles - scarves and wraps, table linens (placemats and napkins, tablecloths, table runners) and baby blankets; Handbags, small purses, and wallets; Organic, shade-grown coffee; Christmas decorations and Jewelry. PosterWorks also has Fair Trade merchandise for sale now, at the annual sale and all through the holiday season including Equal Exchange chocolate, coffee and Palestinian Olive Oil. For more info: artragegallery.org.

**The Color Purple** starts at the RedHouse on December 4 and runs through the 20th. The musical show is based on the book by Alice Walker with music and lyrics by Brenda Russell, Ailee Willis and Steven Bray. For more information: theredhouse.org

**Vera House presents the 17th Annual Elder Abuse Conference** on December 12, 8 am - 4 pm at Doubletree Hotel in East Syracuse. Topics covered will include ageism, substance abuse, perpetrator programming, power of attorney: uses and abuses, financial exploitation. For more info: verahouse.org

## Cortland Area

**SAGE Potluck in Cortland**, held on Thursday, 12/18 at 5 PM in the Cortland LGBT Center, 73 Main St. Please bring a dish 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

The **SAGE Utica Potluck** will meet this month on the Saturday, 12/20 at 5 PM at the Unitarian Church, 10 Higby Road. 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.



## volunteer corner

by barbara johnson  
office/volunteer manager

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

It is still a challenge for us to find volunteers for hospital visits and transportation. We have a few people in the Syracuse area who would like to attend potlucks and other events but do not have a ride. In addition, a member in Brighton Towers is unable to pick up his monthly Food Sense package. If you are able to volunteer once, twice or as often as your schedule permits to help, it will be greatly appreciated. And as always, we will need help with our newsletter mailing at the end of the month -- lunch provided. To volunteer, please give me a call at 315.478.1928 x2 or email me: [bjohnson@sageupstate.org](mailto:bjohnson@sageupstate.org)

#### BERKSHIRE HATHAWAY HomeServices

**Robin A. Latham**  
Real Estate Salesperson



**CNY Realty**  
7575 Buckley Road  
North Syracuse, NY 13212  
Cell 315-532-3693 Fax 315-218-1488  
Bus 315-218-1480 ext. 162  
[rlatham@bhhsnyrealty.com](mailto:rlatham@bhhsnyrealty.com)  
[bhhsnyrealty.com](http://bhhsnyrealty.com)



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#### 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](mailto: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.

**December order deadline: Thursday, 12-4**  
**December pick-up date: Wednesday, 12-17**

To order, contact Barbara at  
**478-1923 or [bjohnson@sageupstate.org](mailto:bjohnson@sageupstate.org)**  
*\*\* You must pick up on the designated day, as SAGE does not have freezer space to hold items for you\*\**

### December Food\$en\$e Menu

|                           |                       |
|---------------------------|-----------------------|
| Salisbury Steak, 12 oz    | Ground Chicken, 1 lb. |
| Breakfast Sausage, 7 oz   | Sliced Bacon, 12 oz   |
| Fresh Eggs 1 dz           | Pancake Mix 2 lb      |
| Breakfast Sandwich 7.5 oz | Hash Browns 20 oz     |
| Mixed Vegetables, 15 oz   | Applesauce, 15 oz     |
| 1 Fresh Produce Items TBA |                       |

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

1. Boneless Ham, cured and smoked, \$16
2. Shrimp, uncooked, 2 lbs, 12,50
3. Scalloped Potatoes, 4.5 lbs, \$10.50
4. Meatloaf, 2 lbs, \$7.50
5. Cheddar Pasta Bake, 4.5 lbs \$13.50
6. Mozzarella Sticks, 2 lbs, \$6.00
7. Chicken Tenders, 5 lbs, \$14.50



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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