






Your community
awaits.

Call them
together.

Host a meal and a conversation with
your LGBT friends and allies of all
ages in our national friendraiser:
SAGE Table.



Through community building that begins at SAGE Table, we aim to tackle the problem of loneliness faced by so many in the LGBTQ+ community, especially our elders.

That's why SAGE Table is more than a one-day event. It's an opportunity to build intergenerational connections that can sustain all of us as we age.





The Recipe for SAGE Table

The recipe for SAGE Table includes four ingredients:

- **An intentional mix of generations from the LGBTQ+ and ally communities.**
- **Shared food.** Your event can happen any time of day, as long as there is some food to share. We ask that no money be collected from guests. For hosts, this means organizing food, meeting at a restaurant or having a potluck.
- **Meaningful conversation.** Our conversation prompts are proven to help create intimacy.
- **A plan for sustaining the intergenerational connections we make.** We've offered ideas in the pages that follow or you can come up with your own.

SAGE Table is *NOT* a fundraiser, so no one should be asked to provide money. Focus on creating friendships, not funds.

Planning Your SAGE Table

Here we offer advice garnered from hundreds of SAGE Table events that have been conducted so far.

Size

Your event can be as large or small as you want. If possible, break out into groups of to 8 guests so everyone can fully participate.

Location

SAGE Tables can happen anywhere—your home, the lunchroom at your office, a local restaurant, a place of worship, a couple of towels thrown onto the beach—anywhere LGBTQ+ people and our allies are (and we're everywhere!).

No matter where you meet, the focus should be on the conversation. Make sure that the space can accommodate all bodies. Some questions to ask yourself include:

- Will everyone be able to hear clearly?
- If you meet at a restaurant, can everyone afford the food?
- Will stairs or seating arrangements make it difficult or impossible for some people to attend?





Connecting Across Generations

Because we are grouped by age from the moment we step into a classroom as children, most of us lead age-segregated lives. As we age, that segregation can lead to loneliness and isolation.

Here are some ideas for breaking down the age barrier that all too often separates us.

1. Invite your friends, family, coworkers and neighbors.

The SAGE Table website (sageusa.org/sagetable) has tools and resources to help you plan your event and connect to people near you.

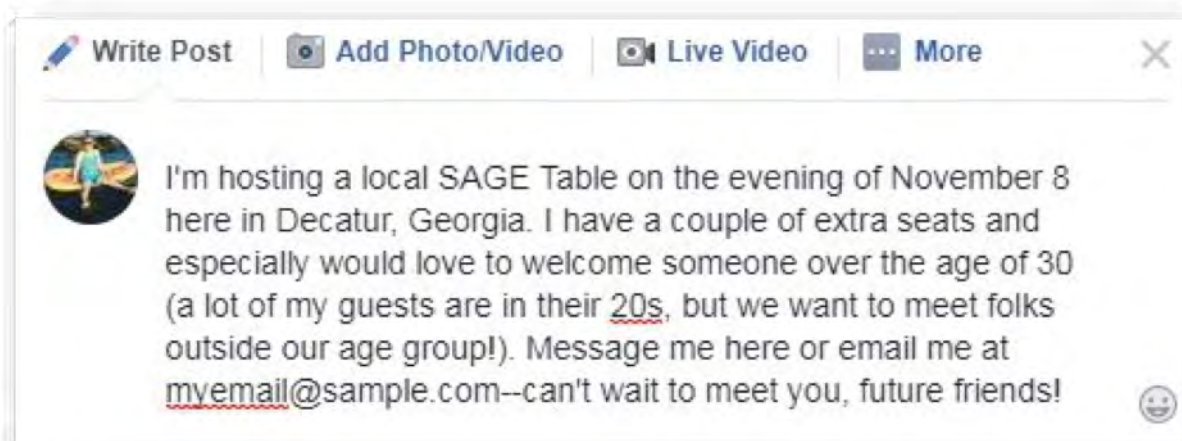
2. Encourage guests to bring at least one LGBTQ+ person of a different age group.

No matter where we live, work, worship or play, LGBTQ+ people and allies of different ages are all around us. SAGE Table provides a great excuse to get to know them better.



3. Consider opening up seats at your table to guests from the community at large.

If you feel comfortable welcoming folks from your social networks or ours, do it! It's a wonderful way to bridge age and cultural differences. You can post on your social media accounts, reach out to local networks or ask SAGE for advice.



Make it clear why you're hosting. If you're comfortable, you can set your post to public and use the [#sagetable](#) hashtag so that you can spread the SAGE Table love and meet new people outside your network. If social media isn't your thing, reach out to someone who's great at it! Consider asking someone you know to either post for you, or help you make your own post.

Managing the Conversation

As host, you may want to moderate the conversation yourself or invite someone else to do so. Our survey feedback shows that people get the most meaning out of SAGE Table events that use the conversation prompts provided. While it's not necessary to use all the questions, a moderator should ensure that groups move through at least one question from each of the three sections before the conversation ends.

Conversation Dos and Don'ts

Do:

- ✓ Encourage everyone to participate.
- ✓ Focus on similarities and solutions to problems that we are all facing together.
- ✓ Be on the lookout for activities and passions you already share.
- ✓ Take pictures! We want everyone to visualize a world where age no longer divides us.

Don't:

- ✗ Micromanage the conversation.
- ✗ Let one person dominate to the exclusion of others.
- ✗ Assume that age, gender, sexual-orientation stereotypes are accurate.
- ✗ Post a picture of anyone online without their consent.





Conversation Prompts

Icebreakers

Go around the table and introduce yourself with your name, age and preferred pronouns, and then answer one of the following icebreakers:

- What's your super power?
- What do you think is the most defining event of your generation?
- What's the best piece of advice you ever got?

Loneliness & Community

- In a world where it's hard to connect meaningfully in person, how do you make and sustain friendships?
- What is it about the kind of loneliness that LGBTQ+ folks experience that feels different? How does that change as we get older?
- If you have chosen family, what does it look like?
If not, what are you doing to create it?
- How could the LGBTQ+ community become more inclusive?

Taking Action

As a group, discuss how you will sustain the connections made tonight. One option is to find a volunteer willing to host the next SAGE Table. How can we get connected to make a difference? (SAGE has some ideas and we're sure you do too.)



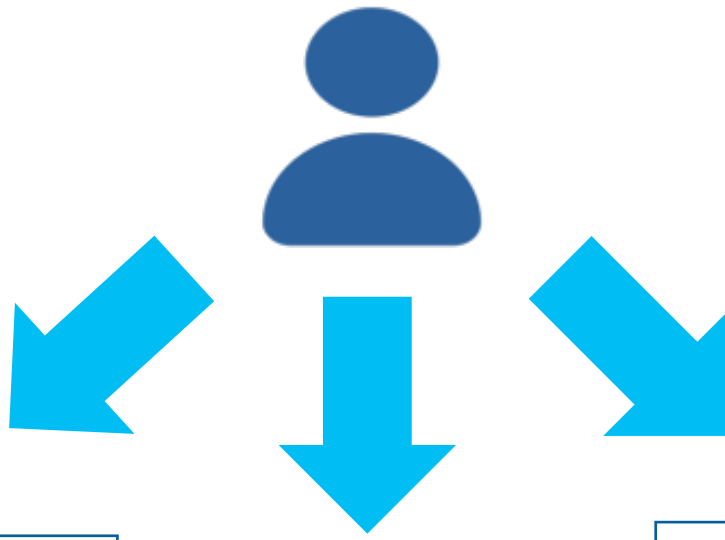
Preparation Checklist

- Decide when and where to host your event.
- Go to sagetable.org/sagetable and use our platform to register your event.
- Think about who you are going to invite.
- Make copies of the conversation prompts for each group. If you want to select a moderator besides yourself, be sure to provide them with the prompts in advance.
- Bring copies of the sign-in sheet or create one on-line.
- Encourage your guests to identify what they will do next, collectively or individually, to sustain the connections they make and to make a difference.
- Be sure your guests sign in and please send us a photo of your list, as well as photos or videos of your event, to engagement@sageusa.org.



More Than Just a Meal

As part of SAGE Table, we are asking everyone who attends your event to take at least one additional action with or for LGBTQ+ older people:



ATTEND OR HOST A SUBSEQUENT SAGE TABLE.

Make a plan to meet again with someone you met from another generation.

SIGN UP TO BECOME AN AMBASSADOR FOR LGBTQ+ ELDERS LOCALLY.

SAGE's Volunteer Ambassador program provides tools for community members to advocate locally around LGBTQ+ aging issues.

STAY UP TO DATE ON OPPORTUNITIES TO CONNECT AND MAKE A DIFFERENCE.

Our Take Action page has a lot more ways to stay involved.

Building truly intergenerational LGBTQ+ communities takes time, but we're committed.

So What's Next?



Set a Date to Keep Connecting.

At the end of your SAGE Table, ask for a volunteer to host another event for the group in the next couple of weeks. Encourage guests to make a plan to meet up with someone older or younger at a later time, and share some of the ways that you can all expand your LGBTQ+ intergenerational network.



Make a Difference.

Check out our [Take Action](#) page at sageusa.org to see what other possibilities exist near you to connect with LGBTQ+ elders, speak up on behalf of our community, join advocacy campaigns and much more.



Join the Movement.

If you're on our mailing list, we will contact you and your guests with opportunities to take action together. Stand up for our elders and be SAGE!

Thanks for joining SAGE Table.

Follow us on:

Facebook	facebook.com/sageusa
Instagram	instagram.com/sageusa
TikTok	tiktok.com/@sageusa
Website	sageusa.org
Email	sagetable@sageusa.org

Sign-in Sheet

Location: _____

Name

Email

Birth Year

[illegible]

Host

Email

Date

Please take a photo of this sign-in sheet and send it to engagement@sageusa.org or mail it to SAGE Table, 305 Seventh Avenue, 15th floor, NYC, NY 10001.



We refuse to be invisible®

SAGE is the world's largest and oldest organization dedicated to improving the lives of lesbian, gay, bisexual, transgender, and queer and/or questioning (LGBTQ+) older people. Founded in 1978 and headquartered in New York City, SAGE is a national organization that offers supportive services and consumer resources to LGBTQ+ older people and their caregivers. SAGE also advocates for public policy changes that address the needs of LGBTQ+ elders, provides education and technical assistance for aging providers and LGBTQ+ community organizations through its National Resource Center on LGBTQ+ Aging, and cultural competency training through SAGECare. Learn more at sageusa.org.

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Antarctic Photo credits: Greg Endries



By hosting a SAGE Table, you demonstrate your commitment to an LGBTQ+ community in which all can thrive as we age.

From all of us at SAGE: Thank you!



sage

Advocacy &
Services for
LGBTQ+ Elders

We refuse to be invisible®