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SAGE LAUNCHES SageConnect

>> SAGE's innovative online community supports information-sharing among GLBT advocates and service providers around the country. *See page 5.*

SAGE's ACTING CLASS FREES UP CREATIVE IMAGINATION

>> A group of aspiring thespians meets weekly to connect with their inner selves through acting. *See page 8.*

SAGE Celebrates 30 Years ...and Looks Forward

BY MICHAEL ADAMS

Last fall more than forty former and current SAGE Board members gathered together to get ready for something remarkable — SAGE's 30th Anniversary!

That's right. SAGE was incorporated in 1978, becoming not only the very first GLBT aging organization in the country, but also one of the first gay organizations of *any* kind in New York City. It's fair to say that the organization's history is fabled. SAGE was started by a lively group of social workers, gerontologists and GLBT activists who were determined to create a place of honor, respect and support for our community's older generations.

The organization took up residence in the grand old structure that houses the Big Apple's LGBT Community Center — before the Center even existed. Ken Dawson, SAGE's beloved former executive director, quickly became one of our community's great early leaders — an inspiration not only for SAGE but for GLBT activists across the country.

SAGE's "firsts" are many — the nation's first Friendly Visiting program for homebound and frail GLBT elders. The first GLBT Senior Drop-In Center in the United States. The country's first support group for GLBT seniors with HIV. The first national conferences devoted to GLBT aging concerns. The nation's first program dedicated to caregiving for GLBT seniors. The first (and to date only) organization called to represent GLBT aging concerns at the White House Conference on Aging. (Shamefully for our country, that didn't happen until 2005.)

As SAGE marks its thirtieth anniversary, we naturally will honor and celebrate our history as an organization, a movement of GLBT older people, and a community. But throughout 2008 we will also be *looking forward* to the opportunities (and challenges) that stand before GLBT seniors in the years ahead. These twelve months will be a banner year for SAGE and its many friends and supporters as we join forces to provide a powerful vision, a strong voice, and a steady direction to transform the landscape for older GLBT people during these most critical of times.

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National Advocacy Initiative Funded

SAGE and the National Gay and Lesbian Task Force took a big step forward recently by winning a two-year, \$500,000 grant from the Arcus Gay and Lesbian Fund to conduct a first-of-its-kind national advocacy initiative. In this new project, SAGE and the Task Force (which will receive a portion of the grant funds) will collaborate to push public policies that enhance support, protections and quality of life for GLBT seniors. The grant funds two new staff positions — one at SAGE and another at the Task Force — and a series of program initiatives.

The new SAGE staffer will focus on strengthening the capacity of GLBT aging organizations (including SAGE affiliates) and activists across the country to work on behalf of GLBT older people in their own communities and as part of a national network. The Task Force staff person, who will be based in Washington, D.C., will spearhead a review of federal policy to target government programs where GLBT older people are treated unfairly. In addition, SAGE will step decisively into the role of national leader on GLBT aging issues, and SAGE and the Task Force will work together to ensure that the concerns of GLBT older people are well represented in "mainstream" aging policy discussions at the national level.

"As the one organization that focuses on the full gamut of GLBT aging issues both locally and nationally, SAGE is thrilled to partner with the Task Force on this nation-wide effort to improve the lives of the senior members of our community," said SAGE Executive Director Michael Adams.

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SAGE Presents Awards at Annual Gala



Last October, SAGE supporters gathered at the Metropolitan Pavilion in Chelsea for the **12th Annual SAGE Awards Gala**. This event gives SAGE an opportunity to honor individuals who have made unique contributions to the GLBT community. Judy Shepard (above, center) received SAGE's Ken Dawson Advocacy Award, and Lt. Gov. David Patterson

(above, right) was honored with SAGE's Leadership Award. Also pictured (above, left) are Dr. Marjorie J. Hill, chief executive officer at GMHC, with Michael Adams, SAGE's executive director. For profiles of SAGE's 2007 Lifetime Achievement Award honoree, Dr. Joyce Warshaw, and SAGE's Community Service Award honoree, Robby Browne, *see page 9.* ■

SAGE Celebrates 30 Years . . . and Looks Forward

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And make no mistake — these are critical times. Just think about the fact that the number of GLBT seniors in the U.S. will grow by almost 70 percent in the next 20 years! And that “gay-by boomers” are starting to enter the senior ranks in force. And that the private and government retirement systems are only beginning to recognize that GLBT older people exist. And that public opinion research demonstrates that seniors — who populate the retirement communities, senior centers and assisted living facilities that GLBT seniors also must utilize — have made the least progress of any age bracket in eliminating homophobic attitudes. And that GLBT seniors and their allies are breaking ground by creating new models of caregiving for our later years (a crucial need since often we don’t have the support provided by a “traditional” family). And the list goes on. There is so much work to be done. But it’s happening — the momentum is building.

As much as anything else, SAGE’s 30th Anniversary will be a year of working *for today*, and investing *for tomorrow* as we band together to build a better world for GLBT older people in New York City and the rest of the nation. And if you want to get a sense of how exciting things are getting, just take a brief glimpse at some of the ways SAGE is making 2008 a special year:

- Earlier this winter, SAGE hosted a cheery “open house” and tour of its spanking-new, greatly expanded social services center and headquarters, located on the edge of Chelsea.



- In February SAGE is playing a lead role at the Creating Change confab in Detroit — presenting a day-long pre-conference institute on GLBT aging issues and hosting the Creating Change Senior Hospitality Suite.
- In March SAGE will be leading the charge for GLBT seniors at the humongous annual conference of the National Council on Aging/American Society on Aging — offering eight training workshops to more than 4,000 professionals in the aging field who will gather in the nation’s capital.
- Spring will bring exciting new on-line programs on www.sageusa.org for GLBT older people throughout the country, and a fantastic



SAGE Development Director Paula Pressley is flanked by former SAGE Board Presidents Howard Leifman (left) and Jeff Allison. The three attended a SAGE party last fall that gathered former and current SAGE Board members to kick off the coming year-long celebration of SAGE’s 30th Anniversary.

SAGE Broadway event for supporters in New York City.

- June will be SAGE’s most momentous Pride month ever and will usher in our 30th Anniversary summer activities series.
- Come fall SAGE will sponsor our Fourth National GLBT Aging Conference and book-end the year with an inspiring 30th Anniversary gala.

So throughout 2008 SAGE will be celebrating 30 years of progress. And, we’re heading into the future full of confidence and energy. It’s a great time to be GLBT and getting older! It’s a great time to be SAGE! ■

New, Bigger Offices for SAGE!



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Social Services Center
305 7th Avenue, 6th Floor

SAGE at the Center
208 West 13th Street

SAGE has opened a brand new Social Services Center at 305 7th Avenue, on the 6th floor, enhancing our ability to serve our growing clientele.

SAGE has moved its headquarters to a spacious new location at 305 7th Avenue, on the 12th floor. The greatly expanded office will bring SAGE’s administration, finance and development departments together in one space.

SAGE will maintain our office at the LGBT Community Center, continuing to provide a place for GLBT seniors to participate in events, activities, and our daily Drop-In Center.

sagematters *The Newspaper on GLBT Aging*

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sage
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View SAGE's calendar online at www.sageusa.org or call (212) 741-2247 for information.

SAGE Talks to *Gay & Lesbian Elder Housing* about Meeting GLBT Housing Needs

SAGE's Michael Adams talked with Mark Supper, executive director of Gay & Lesbian Elder Housing (GLEH), which recently opened the first affordable elder housing complex for GLBTs. SAGE is collaborating with GLEH to develop senior programs at the facility, which is located in Los Angeles.

Michael Adams: Ever since SAGE was founded 30 years ago, the housing challenges faced by GLBT elders have been a major concern. As I understand it, Gay & Lesbian Elder Housing (GLEH) was founded in Los Angeles to address these very issues. Can you talk a little bit about what your mission is?

Mark Supper: Gay & Lesbian Elder Housing is dedicated to building and operating high-quality, affordable, multicultural housing developments that include community space for social and recreational services for GLBT older adults. Our goal is to provide a safe, nurturing environment that supports the well-being of GLBT elders.

In 2007 we opened the first-in-the-nation affordable housing complex with social services for the GLBT elder community.

Michael: What SAGE knows from working with many thousands of GLBT seniors is that housing isn't just an isolated problem that can be put in its own box. It comes up over and over again, in so many different contexts.

SAGE social workers are often working with clients who can no longer climb the stairs in their four and five story walk-up apartments, so they become trapped in their homes. The lawyers at the SAGE legal clinic report that many of our constituents living in rent-controlled and rent-stabilized apartments are dealing with landlords who would like nothing more than to get rid of them so they can jack up the rents with new

question of affordability. We know that for most people income decreases with retirement. But the cost of housing just seems to rise and rise and rise. How does affordability fit into GLEH's philosophy?

Mark: GLEH is concentrated on addressing the housing difficulties of fixed income older GLBT adults.

because of their fear of losing housing, and this is unacceptable

Michael: I was blown away when I had the opportunity to tour Triangle Square, GLEH's first housing facility, last June. The *Advocate* described the experience of entering your building as like walking into the lobby

needs of our GLBT community. Since no organization had ever attempted to do this, we got the opportunity to think outside the box. Triangle Square has 104 apartments with 8 two-bedroom and 97 one-bedroom units, all equipped with full size kitchens, living rooms, and wheelchair accessible bathrooms and bedrooms.

In addition, the complex has a full size swimming pool with a large courtyard on the second level, as well as a media room, a library, a game room, a gym and computer labs. A large community room on the main floor can be used to host community gatherings as well as social services. Mike Muller of Muller Design directed the project, donating his time and skills to transform the building into a space that is inviting, warm and elegant. We know that surroundings impact overall well-being, and our goal is to make people feel proud.

Michael: You and I have talked a lot over the past few months about the fact that senior housing — at least senior housing that works — is much more than a building. It's a community that provides residents with the kinds of support and services they need to continue to enjoy life as they get older. One of the things that's been really exciting for SAGE as we work with GLEH is to think about how the kinds of programs that we've developed in the GLBT community over the years might actually fit into a housing community — how we can bring it all home. What do you see as the connection between housing and services?

Mark: Housing is a critical part of caring for our community, as is providing social and recreational services. We have to consider all of these factors together to ensure that our GLBT elders are taken care of. I personally feel that we



The swimming pool at Triangle Square, the first affordable housing complex providing social services for the GLBT elder community, located in Los Angeles.

tenants. And the list goes on. In what ways are the housing challenges in Los Angeles similar or different?

Mark: The housing challenges facing our GLBT elders in Los Angeles are very similar to those you describe in New York. The skyrocketing cost of affordable housing has forced many of our residents to live in substandard conditions, to move to the outskirts of the city — which increases isolation and decreases access to GLBT social services — and to choose between rent, food and medical care. We also have numerous reports from GLBT elders receiving home care of mistreatment from peers and caregivers, ranging from disrespect and social exclusion to abuse that forces them back into the closet. These are trends across the country, and it is GLEH's core mission to redress these injustices.

Michael: One of the issues that's come up over and over again as SAGE talks to its constituents about housing is the



Mark Supper, executive director of Gay & Lesbian Elder Housing

All of our rental units are priced for moderate to lower income residents, and rents are based on affordability, with no more than 30-35 percent of income going toward housing.

In addition, we're providing social and recreational services at our facility that are available to the entire community with no income limitations so that those seeking assistance and a social setting can keep active and engaged in the community. Too many of our elders have been forced back into the closet

of a W hotel. I couldn't agree more! It's absolutely fabulous — beautifully planned and designed, very attractive furnishings, so many amenities. It really defies the traditional stereotype of lower income housing as barebones and drab. Tell us a little about Triangle Square.

Mark: GLEH's facility Triangle Square was built with the goal of redefining the traditional lower income independent housing unit while creating a complex that addresses the

7 Keys to Treating Prostate Cancer

BY TRUMBULL ROGERS

I don't remember when I first heard that men are prone to prostate cancer, especially after the age of 50. I do recall that I was alarmed when I heard it, although I was soon soothed by the news that prostate cancer was slow growing and that you stood a very good chance of surviving it.

Medical knowledge and techniques have improved since my youth, as have the ways prostate cancer can be treated. **Johns Hopkins University has recently produced a paper titled "7 Keys to Treating Prostate Cancer,"** by Jacek L. Mostwin and the Editors of Johns Hopkins Health Alerts. This informative white paper is available at www.HopkinsProstate.com.

The paper is divided into seven chapters, or "keys," in which the author explains in user-friendly language the steps to follow in the event your doctor finds an indication that you might have prostate cancer. The presence of the disease is usually found either by a digital rectal exam (DRE) during your annual or six-month physical, a PSA (prostate-specific antigen) test, or both.

If prostate cancer is indicated, your doctor will want to order a prostate

biopsy, which is usually performed by a urologist. The most common biopsy method is the "transrectal ultrasound-guided biopsy" (TRUS), during which 8 to 12 tissue samples are taken. These samples are sent to a pathologist, who determines whether or not cancer is present. The paper recommends, as the first "key" to treating prostate cancer, that you obtain a copy of the pathology report from your urologist and then "take the time to find out what the report means."

The second key to treating prostate cancer, according to the paper, is to get a second (and third or fourth) opinion. You can ask your primary care doctor (PCP) and the urologist for referrals, preferably to a colleague at a different hospital.

Although there are four possible treatments for prostate cancer — surgery, radiation, hormonal therapy, and watchful waiting — in the end, the choice of treatment depends on the extent of the disease and the person's age and general health. This decision is ultimately yours, but it should be made in consultation with your doctors (the third key to treating the disease).

Certain risks accompany each treatment option, including the possibility of bowel, urinary or sexual problems if surgery or radiation therapy is chosen. Alternatively, as is pointed out in the paper, "If [a man] chooses watchful waiting (no treatment is provided, but the patient is closely monitored for cancer growth), he may be anxious about the progress of the disease, and urinary or sexual symptoms may arise if the disease progresses."

Surgery or radiation therapy can often result in erectile dysfunction (ED), and so if either of these treatments is chosen, the fourth key is to restore and maintain erectile performance. The best hope for restoration following surgery is if the surgeon can preserve one or both nerve bundles.

Restoration can take time, however, depending on your general health and other factors. For some men, erections can start returning gradually in the first weeks following surgery, while for other men, this won't occur for up to four years. Following radiation therapy, a man may function normally only to have his capacity diminish slowly until by two years post-procedure it becomes difficult to impossible to

achieve a full erection because the nerves may have been destroyed by the radiation.

A diagnosis of prostate cancer can cause overwhelming apprehension. This is a natural reaction, but it can lead to serious anxiety and depression. The paper therefore emphasizes as the fifth key the importance of seeking additional help, which can include a support group, a compassionate clergyman, a sympathetic friend who has been there, or a psychologist, psychiatrist, or social worker.

The paper underscores the significance of following a healthy diet both for prevention and treatment of prostate cancer as part of the sixth key, which is to "Understand the Role of Diet." Although a healthy diet will not guarantee good health, evidence shows that countries with primarily vegetarian diets have prostate cancer rates

that are ten times lower than those in the United States, where daily meat and fat consumption tend to be extremely high. The suggestion is to eat fruits and vegetables at least five times a day; choose food that is low in fat and limit high-fat foods; exercise and maintain a healthy weight; and limit alcohol consumption.

Finally, complementary therapies such as yoga, acupuncture, meditation, dietary changes, and herbal remedies are available to help deal with prostate cancer. The seventh key is to consider these therapies as a complement to, not a replacement for, Western medical treatments. They can be useful in uniting "the body, mind, and spirit in health, while providing some relief of symptoms with few side effects."

For more information, or to view the report, go to www.HopkinsProstate.com. ■

SAGE Talks to *Gay & Lesbian Elder Housing*

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would not be enjoying the rights we have today without the contributions of those who came before us, and we must work as a community to meet the needs of our elders. It is important that we address housing and social services as one collective continuum of care philosophy. GLEH's mission is to help our GLBT older people to age in place, whether it is at Triangle Square, alone or in other communities.

Michael: GLEH developed Triangle Square in partnership with a nationally known private developer. Now SAGE and GLEH are talking about

how we can work together to help build some of the service programs at Triangle Square. That's going to be a good educational process for SAGE, because it will help us learn more about the housing world — and we hope we can put those lessons to use as we work with partners in New York City to come up with housing solutions here. What do you see as some of the possibilities in a partnership between GLEH and SAGE?

Mark: GLEH is excited about the many possibilities in a partnership with SAGE. It is imperative that we as community organiz-

ers change our way of thinking to encourage collaborations and partnerships between organizations in order to meet the needs of the entire community. Housing is only one of the issues facing our community — we also need to provide social services. GLEH & SAGE's partnership is not only exciting but relevant. Our partnership can help shape and create a template combining housing, social services and advocacy into one cohesive package. The goal is to create a model that can be replicated across the country. ■

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SageConnect: Helping Connect the Dots Nationwide on GLBT Aging

BY MICHAEL ADAMS

SAGE recently launched *SageConnect*, an exciting new on-line program designed to provide GLBT aging advocates and service providers with an instant and ongoing means of communicating with one other. Funded by the Arcus Foundation and sponsored by SAGE, *SageConnect* is intended to support the growth of services and advocacy for GLBT older people nationwide.

SageConnect will enable information to be shared easily among those working to build and maintain services for GLBT seniors. The site operates according to “Community of Practice” principles — i.e., the building of a community where people with a common interest collaborate to share ideas, find solutions, and build innovations. Since *SageConnect* creates a community on-line, it enables providers and advocates from all over the country to share their practical experiences and “lessons learned” about what is working and what isn’t working in the areas of GLBT senior programming and advocacy.

The *SageConnect* site provides a tremendous array of information for its users — from extensive program descriptions to client forms to evaluation tools. The

site includes a calendar for important conferences and events, opportunities for feedback and discussion of the resources provided, and a variety of innovative ways for participants to engage in discussion and collaboration on-line.

Available on *SageConnect* are a multitude of resources from SAGE, and other organizations like the AIDS Community Research Initiative of America (ACRIA), the LGBT Aging Project of Massachusetts, SAGE at Center on Halsted (Chicago) and SAGE-Queens (NY). So far, the most popular resource — an analysis of SAGE’s Lend-A-Hand program — has been reviewed more than 350 times!

SageConnect is different from a typical website in that it’s not open to the general public. While anybody can visit the site’s home page, *SageConnect* is password-protected, with full participation limited to people who are involved in advocacy and service programs for GLBT older people and professionals in the aging field. This format allows for the open exchange of information about program development, challenges and opportunities in ways that would not be possible on a website that is open to any-

body (including those who are not particularly friendly to GLBT people and issues).

Launched on October 9, *SageConnect* is already a big hit among GLBT aging advocates and service providers. Within a couple of weeks of going live, many organizations across the country had already signed up to participate. Organizations taking part in *SageConnect* vary widely, from the AARP of Puerto Rico to the Transgender



Why We Need *SageConnect*

The need for a resource like *SageConnect* has been growing in the decades since SAGE’s incorporation in 1978 as the first and only organization in the United States working on GLBT aging issues. Over the years, new programs to serve GLBT seniors have come into being around the country, including a number of organizations emerging in the early to mid 1990s that took the SAGE name. SAGE affiliates formed in places like Milwaukee, South Florida, San Diego, and Queens, New York. For a while, communication among the SAGEs occurred through a shared newsletter. But over time, and with the emergence of more and more SAGEs and other GLBT aging programs, lines of communication proved hard to maintain.

Years later, the National Gay & Lesbian Task Force began sponsoring occasional roundtable gatherings for aging advocates, creating a space for people working on GLBT aging issues to come together, network and share ideas. But the meetings have not happened that often. Participation has been limited by cost and logistics. And it hasn’t been possible to sustain an ongoing flow of information and idea-sharing once the meetings are over. A different model of information sharing has been long overdue... Enter *SageConnect*.

Aging Network, ACRIA to Gay & Gray in the West, the Utah Pride Center to Southern California’s Azteca Project, and of course the numerous SAGE programs around the country.

The extensive interest in *SageConnect* is a good sign of the strong desire for

closer collaboration and more information-sharing as advocates and providers across the country expand their efforts to address the concerns of GLBT seniors. *SageConnect* is one way to help advocates and providers learn from each other’s experiences. In that

sense, *SageConnect* is helping “connect the dots” on GLBT aging nationwide. And every community’s GLBT older people will benefit from that!

You can find *SageConnect* on the web at www.sageconnect.net. ■

GLBT ELDERS AROUND THE COUNTRY

LGBT Aging Project Serves the Community in Boston

BY BILL O'BRIEN

Up in Boston, an organization called the LGBT Aging Project has taken up the cause of serving LGBT seniors. Their mission is to ensure that lesbian, gay, bisexual and transgender elders have equal access to the benefits, protections, services and institutions that their heterosexual neighbors take for granted.

The Aging Project was started in 2001 by a group of service providers for the elderly and members of the

LGBT community in an effort to address an unfortunate reality. The group recognized that LGBT elders in the Boston area were often invisible, not only in mainstream settings, but within the LGBT community as well.

“If you’re waiting for this generation of LGBT elders to come out to you, you’re probably going to miss the boat,” says Lisa Krinsky, the Aging Project’s director. She meets with elder

service providers around Massachusetts and one of the questions she asks is if they have LGBT clients. “If they say ‘no,’ then my next question is, ‘How do you know?’”

One of the LGBT Aging Project’s goals is to educate elder service providers about a population they may not be aware of. While many agencies in Massachusetts already strive for diversity, they traditionally do so in terms of

race, gender and perhaps, more recently, physical disability. The LGBT Aging Project encourages them to think about diversity more broadly.

“It’s not that you want to drag anybody out of the closet and force them to come out to you,” Krinsky says. “It’s more about creating an inclusive environment and communicating that you’re a safe person, so they can feel comfortable being who they are.”

Krinsky has found that training around LGBT issues encourages providers to broaden their outreach efforts to other underrepresented groups as well. “They start thinking, ‘Well, who else are we missing?’ It’s really a springboard for other kinds of inclusiveness.”

Together with her assistant director, Bob Linscott, Krinsky has also created a policy committee focusing on administrative and

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An Interview with Frank Stark, Chair, *SAGE Investors in Our Future*

BY PAULA PRESSLEY

I've known Frank Stark for nearly 20 years, and so it is an absolute delight to have the opportunity to work with him once again at SAGE. SAGE's work to raise the funds needed to



Frank Stark

serve many more GLBT older people and to foster new programs and directions is made easier by community leaders like Frank, who are enthusiastic about confronting the challenges and opportunities that come with an increasingly competitive fundraising field. Hopefully more *SAGE Matters'* readers will be inspired by Frank's example and become Investors in Our Future!

Paula Pressley: What's the most important thing about the new SAGE Investors in Our Future giving program you would like our readers to know?

Frank Stark: SAGE is entering a new era of growth. The success that SAGE is having in attracting foundation and government investment is usually tied to specific programming, and therefore requires direct program expenditures. Individuals, investing in our future, allow for the all important organizational infrastructure to grow.

This means things like computers for staff, sufficient space for our programs, effective financial management systems and many other things that are key to an effective and well-run organization. The Investors Circle program supports the balanced financial growth that SAGE

needs to fulfill its mission of providing Services and Advocacy for GLBT Elders.

Paula: Why do you think now's the time for us to be making aging a priority in the GLBT community?

Frank: It is always important for a community to think of helping its members go through the aging process with dignity, respect and recognition of the meaning of their lives. More and more of us are living longer lives — SAGE can help make them better lives.

Paula: What is the SAGE Investors in Our Future giving program and how can people join?

Frank: SAGE's future depends on individuals who are willing to give generously and who will "stretch for the future" — our Investors begin their giving at the level of \$1,500 per year and go up and beyond \$25,000 per year to support SAGE's vitally important programs and services. Each Investor level has many benefits, including special briefings on aging issues and SAGE's strategic decision-making, recognition at an annual party, premium seats and sponsorships for SAGE events (just to name a few).

The great news is you can become an Investor today by making a monthly pledge of \$125 or a quarterly pledge of \$375 through your bank or credit card accounts. We already have more than 90 Investors — and so we're hoping that many *SAGE Matters'* readers will consider this option in the coming year.

Paula: How did you get your start as a GLBT activist?

Frank: I became a gay activist over twenty years ago to help give meaning to my life. Part of my phi-

losophy is that when the individual comes to the end of his or her road, what is left is what they have accomplished in the effort to do their little part to help change our world for the better.

Paula: On the more personal side — how long have you lived in NYC and where did you get your start?

Frank: I was born in France in 1940. Being Jews, my parents fled the little town in central France where we lived, hours before the German invasion. After trekking through Europe for three months, we arrived in New York, on a bitter cold day in December. I lived in Forest

Hills, Queens, until going away to Cornell University. After graduation, I returned to New York to go to Columbia Graduate School of Business, and have loved living in the city ever since.

Paula: When did you first realize you were gay — and when did you "come out"?

Frank: Coming out, even to one's self, was more difficult when I was growing up than it is now. There were no role models, and to be homosexual was to be considered a criminal and mentally ill. It wasn't until my mid twenties that I allowed myself to recognize my true sexual feelings, and not until my early thirties, when I had begun a

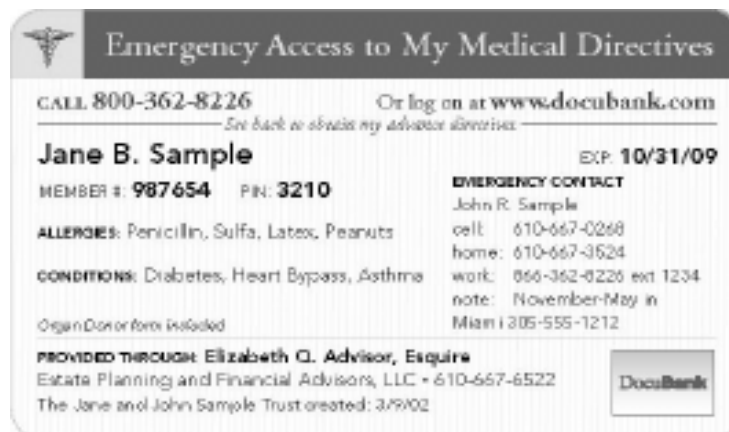
relationship which lasted twenty-two years, with the light of my life, Jean Louis Testud, that I came out to my parents.

I am now in my mid-sixties, and have gone through much of the same pleasure and pain as many of us. But, boy, is it a great trip. My involvement with SAGE has helped give meaning to that trip.

Thank you, Frank!

For more insight into Frank Stark and other gay men at mid-life, please read Golden Men, The Power of Gay Midlife, Avon Books (Harper Collins, 2000), by noted author and SAGE Investor, Harold Kooden, Ph.D. with Charles Flowers. ■

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SAGE Offers Services for Aging GLBTs

SAGE is the oldest and largest organization in the country dedicated to meeting the needs of GLBT people as they get older. SAGE provides dozens of activities, groups, and programs to ensure the voices of GLBT older people are heard and to encourage GLBT seniors to connect with each other and the community.

Through direct services and a wide variety of enriching, life-enhancing programs, SAGE is creating a better aging experience for GLBT seniors in New York City. Through education and advocacy, SAGE is contributing to a better future for older GLBT people throughout the United States.

Support Groups Alzheimer's Caregiver Support Group SAGE Positive HIV 50+ Support Bereavement Group Caregiver Support Group Friendship Circle Gay Widowers Support Group Men's Coming Out MS Support Group Older Than Springtime - Men's Support Group Women's Coming Out Group Women's Support Group	Community Meetings Monthly Drop-In Community Meetings Monthly HEAT (Harlem Elders Advocating for Themselves) Meetings Upper West Side Programming Planning Meetings	Dating & Relationship Workshops Daily Drop-In Center Drop-In Monthly Birthday Party Drop-In Parties Gay Pride Activities Holiday Parties SAGERCIZE Scrabble & Bridge Socials Walks Women's Monthly Birthday Party Women's Dances Women's Parties	Informational Programming Health and Wellness Presentations Heritage and History Presentations Legal Issues Presentations Money & Finance Presentations	Clinical/Counseling Services Case Management Individual Counseling HIV Related Counseling Group Counseling Benefits Counseling Legal Counseling Walk-In Social Services Clinic Help Finding a Safe & Friendly Long-Term Care Facility Help Finding Homecare
Discussion Groups Conscious Creative Aging Life Issues: Beyond Retirement Men 40+ Rap Men 50+ Rap Senior Elders: 75+ Support Tuesday Daytime Discussion Women: Our Spiritual Journeys	Art & Cultural Programs Acting Class Art Studio Booklovers' Discussion Group Book Readings Creative Writing Workshop Discounted Theatre Tickets Morning at the Opera Movies Women's Music Salon	Helping Services Benefits Counseling Friendly Visitors Legal Clinic Lend-a-Hand	Women's Programming Women's Dances Women's HIV 50+ Support Group – Harlem Women's Monthly Birthday Party Women's Music Salon Women: Our Spiritual Journeys Women's Parties Women's Support Group	SAGE Communities SAGE Harlem NORC (Naturally Occurring Retirement Community) Monthly HEAT (Harlem Elders Advocating for Themselves) Meetings Social Activities Informational Presentations Information & Referral HIV Services Wonderful Wednesdays

Do They Have *That* at SAGE? Services You May Not Know SAGE Offers to GLBT Elders

Does SAGE serve GLBT seniors who live outside of Manhattan?

Yes, SAGE provides direct services to GLBTs over 60 (and those with HIV/AIDS over 50) throughout the five boroughs of New York City. In addition to welcoming clients from all over the surrounding area to groups and programs held in SAGE's Manhattan offices, SAGE's Outreach Social Worker David Dinolfo can visit (depending on the circumstances) homebound clients around New York City. David provides clinical services, including case management, counseling, and advocacy.

"For those seniors who don't live in Manhattan and may have difficulty traveling," says David, "we can go to them. This is especially important because there tend to be fewer services for gay people outside of Manhattan."

In addition, David spends every Monday and Friday in Jackson Heights at the office of SAGE Queens. At SAGE Queens, David helps connect people with needed services and runs two bimonthly discussion groups, including a men's group and a mixed-gender group.

David also facilitates a weekly Men's Coming Out Group, which has welcomed people from all five boroughs, and from as far away as Pennsylvania. This group, which meets in Manhattan, currently has openings for new members. *Please call SAGE at (212) 741-2247 if you would like to register or want more information.*



Is SAGE working to meet the needs of caregivers in the GLBT community?

Yes. In addition to providing caregiver support services for the GLBT community throughout the five boroughs, SAGE is expanding its involvement with caregiving issues on the state level. Catherine Thurston, SAGE's Clinical Director, has been appointed to Governor Spitzer's New York State Caregiving Council, an ongoing advisory panel that gathers information on existing services and highlights major concerns faced by caregivers, with the goal of informing state policy on caregiving.

"Caregiving issues are faced by everyone — all races, economic groups, and sexual orientations," says Catherine. This diversity is reflected in the council. The group is made up of constituents from all over the state who are themselves caregivers, as well as professionals representing several organizations, including New York City's Department for the Aging, the Council of Senior Centers and Services (CSCS), and Friends and Relatives of the Institutionalized Aged (FRIA).

Catherine represents SAGE on the Council, ensuring that the needs of caregivers in the GLBT community are a crucial part of the discussion.

SAGE offers various services to caregivers and those in need of caregiving in the GLBT community. Please call SAGE at (212) 741-2247 for information.



Uptown SAGE Neighbors
Monthly Socialization Programming

Education & Advocacy
National Conference on Aging in GLBT Community
HIV and Aging Advocacy
SAGEConnect
SAGE Curriculum: "No Need to Fear, No Need to Hide"
SAGE Matters Newspaper
Website www.sageusa.org

Services for Caregivers
Respite Services
Caregiver Support Group
Financial Assistance for Caregiving Needs
Subsidized Home Care
Subsidized Adult Day Services

SAGE Positive Programming
HIV Counseling
HIV 50+ Men's Support Groups – SAGE at the Center
HIV 50+ Men's Support Group – Harlem
HIV 50+ Women's Support Group – Harlem
HIV Testing w/GMHC – Harlem
HIV Prevention & Education – Harlem

Volunteer Services
Friendly Visitor Trainings & Support Meetings
Monthly Volunteer Orientation

SAGE Acting Group Helps Seniors Unlock Creative Imagination

BY LIZ FERRIS

For the last couple of years, a bunch of aspiring senior thespians have been pursuing a dream at SAGE. That’s because every Monday night talented actor Michael Maher is leading SAGE’s latest acting workshop. The group, which starts in fall and runs through June, practices the “psychological exercises” of Michael Chekhov. Chekhov taught a wide range of movements designed to help actors find the physical core of a character. Chekhov’s approach employs seemingly external techniques meant to lead the actor to a rich internal life.

The goal of the SAGE class is to use the techniques of Chekhov to unlock and free up the creative imagination. “We do skits and improv, scenes with conflicts and people going after their objectives. In this way they are connecting to their inner child, their inner joy,” says Maher, who draws out workshop participants, reins them in, and lets them know when they’re doing great or when they’re off track. “Chekhov believed that every human emotion is inside everyone, radiating out.”

Maher, who studied under Chekhov’s original Dartington Hall Company, has taught this skit-type of improvisation to public school kids in Washington Heights and Bedford Stuyvesant, to deaf kids, at hospices and now to GLBT seniors.

The weekly classes, held by SAGE at New York City’s LGBT Community Center, involve training exercises and performances of scenes. Sometimes the participants are provided enough dialogue to set up the scene and then are encouraged to improvise. Sometimes participants perform a scene from a play. In June 2007, a public performance was held at the Center to mark the end of last year’s class. “We ultimately plan to go toward performance,” says Maher. “We will use the best work in class and present it to the public.”

Each year the SAGE class has had newcomers, many of whom have had little to no prior acting experience. Yet almost all the workshop participants complete the course, and some find themselves experiencing for the first time inner feelings they never knew were there. Take, for example,

81-year-old Ralph Gray, a member of the group in his third year.

“I’m not a public person even though I’m a psychotherapist,” he says. “What was very different for me was being observed by others. But I got over that discomfort and found things coming out of me I

didn’t know were there. It was very liberating. I also learned how to take criticism,” he says, not a small thing for most of us.

Does Ralph have a favorite piece? “I love anything where I can be the bad guy — someone mean and nasty.” Anger, fear, rage, suspicion — these are

emotions the work helps people identify in themselves. Ralph also enjoyed playing a scene from *Death of a Salesman*, although he felt he wasn’t quite right for the part. Still, he said, “Something happens, without trying. A little bit of magic.” ■

SAGE Acting Teacher Michael Maher

Michael Maher leads SAGE’s Acting Class, which meets every Monday from October to June. Michael has appeared in 80 theatrical productions and ten films, playing everything from a southern country Bible salesman to Falstaff in *Henry IV*. Among many honors, Michael received a letter of congratulations from Jimmy Stewart for playing his role of Edward P. Dowd in “Harvey.”

Web Site Helps People of All Ages Improve Brain Function

According to recent scientific research, it’s no longer a given that memory loss and other deficits in brain function are an inevitable part of aging. These studies conclude that people can boost their mental agility throughout their lives and even defer the onset of brain illnesses by exercising their brains.

A new web site called Happy Neuron (www.happy-neuron.com) provides a variety of stimulating, scientifically developed activities meant to provide just the kind of brain workout that can help people create new neural pathways and build a “cognitive reserve” that can be drawn upon in times of need.

Developed in 2000 in France by a group of cognitive psychologists and introduced in the United States last August, Happy Neuron targets five critical thinking skills: memory, attention, language, executive functions (involving reasoning, planning, and problem-solving), and visual/spatial skills. The web site currently offers approximately 30 games, comprising over 1,500 hours of unique game-playing time, and it expects to introduce a dozen more in the coming year.

Happy Neuron provides a personalized online “virtual coach,” who evaluates and reports on each player’s performance in comparison to other players of similar ages, genders, and educational levels. The virtual coach also recommends activities for the player to try based on previous performance, suggesting areas in which the player may need improvement.

The site offers a free 7-day trial, after which the monthly charge is \$9.95 for unlimited play. Visit www.happy-neuron.com for more information. ■

LGBT Aging Project in Boston

CONTINUED FROM PAGE 5

legislative policies that affect LGBT elders. The group has been working in support of the MassHealth Equity Bill, which proposes Medicaid eligibility for same-sex married couples in Massachusetts. They have also worked with the Massachusetts Executive Office of Elder Affairs to encourage the agency to address the needs of LGBT elders.

And most recently, the LGBT Aging Project has ventured into direct service as well. Two support groups have been formed, one for LGBT caregivers and the other for those going through the bereavement process.

“LGBT caregivers face unique challenges,” says Krinsky. “What’s it like to come out in the medical realm? Or to come out each time you see a new doctor? Will provider homophobia compromise care? These are all things LGBT folks have to worry about.”

Thanks to the LGBT Aging Project, LGBT seniors in the Boston area don’t have to worry alone. More information is available at the Project’s website, www.lgbtagingproject.org. ■

REMEMBER SAGE
IN YOUR WILL

For more information,
call Alan Francisco-Tipgos at (212) 741-0381

S A G E 2 0 0 7 A w a r d s H o n o r e e s

Celebrating Joyce Warshow

Lifetime Achievement Award

BY BETH KLING

Every year, SAGE presents a Lifetime Achievement Award to a prominent artist, musician, writer, activist, politician, or other individual who has made a uniquely important contribution to the GLBT community.

What's remarkable about this year's Lifetime Achievement Award recipient, Joyce Warshow, is that she made meaningful contributions on so many levels as a psychologist, a community activist, an educator, and a filmmaker. Sadly, Joyce passed away a day before last fall's SAGE Awards gala, when she was to receive her award. But Joyce's vibrant spirit filled the room as her partner of 25 years, Dorothy Sander, accepted the award on Joyce's behalf to a rousing standing ovation.

"Joyce was committed to using her various skill sets to help people," says Dorothy, who explained that her partner's work incorporated both a femi-

nist multicultural perspective and a commitment to making lesbians more prominent in the feminist world.

A member of the Association of Women in Psychology since 1973, Dr. Joyce Warshow was part of the group that established Division 35, the Psychology of Women, within the American Psychological Association. From 1973 to 1995, she was a member and then president of the Women's Psychotherapy Referral Service, matching clients with feminist therapists. She conducted workshops, at local and international women's conferences, on the application of feminist psychological practices in diverse cultures. And she taught psychology to scores of college students.

Through her community activism, Joyce advocated for gay and lesbian rights and educated about aging issues in the GLBT community. She presented work-

shops on ageism for SAGE, and she conducted sensitivity training for police groups to explore the roots of hate crimes against gays and lesbians.

Joyce's commitment to advocating for lesbians and educating about lesbian lives was demonstrated throughout her life. In 1991, she published a groundbreaking study called *Lesbians at Midlife: The Creative Transition*, which depicted lesbian midlife as a positive transitional period.

At age 58, Joyce began her work as a filmmaker. She produced and directed two films about older lesbian activists. "Some Ground To Stand On" documented the life of the remarkable Doris "Blue" Lunden, while "Hand on the Pulse" focused on Lesbian Herstory Archives Founder Joan Nestle. Both films received national and international awards and were shown on public television and at over 40 film



Joyce Warshow

festivals and conferences. At the time of her death, Joyce was completing a film about global human rights activist Charlotte Bunch.

Joyce was tireless in using her experience and knowledge to help others. True to her indefatigable spirit, when she was diagnosed seven years ago with lymphoma she started con-

ducting workshops for people dealing with life-threatening illnesses.

To the very end, Joyce was committed to using her many gifts to help those who needed a hand, a lift, a voice. "She really saw herself as fixing injured people," says Dorothy.

Joyce Warshow passed away on October 2nd at age 70. ■

SAGE Honors Robby Browne

Community Service Award

BY BETH KLING

Robby Browne, widely recognized as one of New York's most successful real estate experts, has served for years as one of the most steadfast and innovative philanthropists supporting SAGE's programs. At last fall's gala awards celebration, SAGE presented him with a Community Service Award.

About 10 years ago, Robby started to recognize and support SAGE's vital role in the GLBT community. "Growing older is not easy, and it's much tougher when you're gay," says Robby, who started encouraging donations for SAGE as entrance to his annual Toys for Tots party, which provides a multitude of holiday presents to disadvantaged children and draws thousands of atten-



Robby Browne

dees every year.

It was at a Toys for Tots party five years ago when Robby talked up the importance of SAGE to Mayor Bloomberg, reminding him that growing older without the support of children or partner benefits is a particular challenge for GLBT

elders. Bloomberg has since included the organization annually in his personal philanthropic efforts.

Senior vice president with The Corcoran Group, Robby has sold major properties in all parts of Manhattan. Recognized by *New York Magazine* as one

of New York's 21 most powerful and successful brokers (18 August 2003), Robby works closely with partners, Gregory Sullivan and Chris Kann, and is a member of Corcoran's elite \$100 Million Circle. To endorse Robby in his support of SAGE, Corcoran's team showed in considerable numbers at last fall's SAGE Awards dinner, another example of how Robby's influence has made a difference for the organization.

Consistent with his belief that increasing visibility and enhancing self-esteem are important for GLBT people, Robby has served on the boards of the Gay and Lesbian Alliance Against Defamation (GLAAD) and The Gay Games. Originally from Louisville, Kentucky, Robby is a

graduate of Phillips Academy, Andover, MA, Princeton University and Harvard Business School. In addition to all of his other work, Robby has been actively involved with the Student Sponsor Partnership Program and is a sponsor with the "Teach for America" program.

Robby's work to support SAGE derives from his desire to improve life for GLBT elders and his commitment to the history of the GLBT community.

"Gays and lesbians have very little recorded or recognized history," says Robby. "One of the reasons I support SAGE is to honor the lives and legacy of GLBT elders who came before. Without them, there wouldn't be us." ■

VILLAGE CARE OF NEW YORK

is a community-based, not-for-profit organization serving older adults, persons living with HIV/AIDS and individuals in need of medical and rehabilitation services. We are guided by the people we serve in alliance with staff, administration and the board of directors.

SeniorChoices

- » Skilled Nursing Care » Day Health Centers
- » Senior Information Centers » Home Care
- » Care Advocate Services » Assisted Living
- » Rehabilitation Services » Primary Care Health Center

Network of AIDS Services

- » Skilled Nursing Care » Day Treatment Centers
- » Treatment Adherence » Home Care
- » Community Case Management
- » Primary Care Health Center



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B O O K R E V I E W



***Art and Sex in Greenwich Village:
A Memoir of Gay Literary Life After Stonewall***

Felice Picano

272 pages, Carroll & Graf, 2007

If the title of the book *Art and Sex in Greenwich Village* intrigues you enough to pick it up, the rich history of GLBT art, literature, poetry and theatre it describes should convince you to keep reading. The book is written with great attention to detail by Felice Picano, author of such gay classics as *The Lure* and *Like People in History*.

Picano chronicles nearly 40 years of gay and lesbian contributions to the arts, with much of the focus on the literature produced by gay men during this period. Picano touches upon the formation of the Violet Quill, a group of seven gay male writers including himself, Edmund White and Andrew Holleran. He explains their main goal for coming together as a means of determining “what each of us could individually do in our attempt to form what we’d later call a ‘beneficiary conspiracy’ to put gay literature on the map by forcing the mainstream to recognize our writing.”

At the center of the story is the formation of the Gay Presses of New York (GPNy), a publishing house Picano formed along with Larry Mitchell and Terry Heibling. Incredibly each of these three publishers/artists continued to maintain their own small publishing companies and to successfully practice their art at the same time they collaborated in GPNy.

True to its title, the book speaks to both personal and professional liaisons within the GLBT literary community. And, as with many gay histories spanning the late twentieth century, Picano’s record speaks to the many lives and artistic contributions cut short by AIDS.

Felice Picano writes an insightful and personal tribute to the struggles and achievements of GLBT artists, poets and writers that should have you running to your bookstores and libraries to experience (or re-experience) this fascinating period.

– Mike Nadeau

National Advocacy Initiative

CONTINUED FROM PAGE 1

“This initiative serves a critical need: In the next 20 years the number of GLBT people age 65 and above will grow by 70 percent — from approximately 3 million now to roughly 5 million over the next quarter century. Such a demographic tidal wave lends an added urgency to this unique, coordinated national advocacy effort. Thanks to this funding from Arcus, SAGE and the Task Force will be able to launch a strategic and focused effort to increase visibility, awareness, policy protections and support for GLBT older people,” added Adams.

“We are grateful to the Arcus Foundation for funding this innovative partnership between the Task Force and SAGE,” said Matt Foreman, executive director of the National Gay and Lesbian Task Force. “This project will combine the Task Force’s federal policy and research expertise, SAGE’s unparalleled understanding of the needs of LGBT elders, and the energy of activists across the nation to shape a better future for all our seniors.”

SAGE and the Task Force will carry out this initiative in close collaboration with local GLBT aging organizations, as well as “mainstream” and “minority” senior organizations. The collaboration will have four main goals:

- To build and provide leadership to an action-oriented national GLBT aging network;
- To win strategic policy victories for GLBT older people at the federal, state and local levels;
- To build the capacity for GLBT aging policy advocacy in communities across the country; and
- To ensure that GLBT aging issues are a focus in broader aging discussions.

The new national advocacy initiative is closely intertwined with the New York City service programs for GLBT seniors that have been SAGE’s foundation for many years. As Adams pointed out, “SAGE will only be as strong as its local programs for GLBT older people because it is those programs that give us the experience and the credibility to have something important to say at national policy tables, and something meaningful to share with our colleagues around the country.”

“This grant from the Arcus Foundation ensures that SAGE will have the resources to move the advocacy agenda forward, while at the same time continuing to build our critically important service programs for New York City’s GLBT older people,” said Adams. ■

W E B S I T E R E V I E W



***The Body*
www.thebody.com**

Thebody.com is a wide-ranging source of information on HIV/AIDS sponsored by the NYC-based Body Health Resources Corporation. The site is overseen by a board of advisors nearly thirty strong and spanning the medical, educational, pharmaceutical and activist communities.

Pertinent articles are collected from around the globe and are found in the “What’s New” and “Breaking Research” sections, accessible from the Home page. In the “Ask the Experts” section, visitors may correspond with a rotating panel of specialists about a variety of topics, including medical treatment and health benefit coverage.

In the “Connect” section, visitors may register for email updates, read stories of inspiration from other visitors, pay tribute to friends and loved ones on the on-line AIDS Memorial and search for services in their local areas. Like many websites, the “Connect” section also offers a forum for visitors to share their own experiences through on-line bulletin boards.

Thebody.com also extends information to the Spanish-speaking community as well as to those who may be visually impaired. “The Body En Español” link is available at the top of the Home page. Podcasts, providing audible transcripts of monthly articles, may be heard directly on the website or downloaded to an MP3 player or iPod.

Recognizing that a single website cannot provide all of the information and services on topics as vast as HIV and AIDS, thebody.com rounds out its offerings with links to other respected websites for further research and outreach.

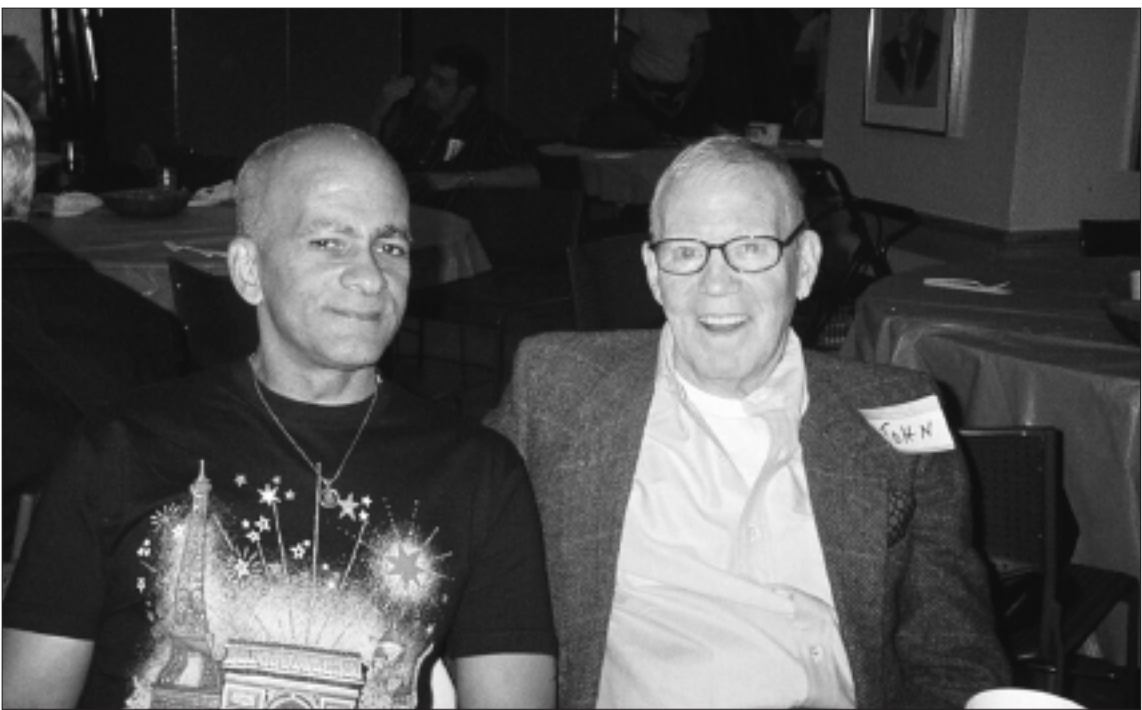
– Mike Nadeau

Next Issue:

***SAGE Matters’
30th Anniversary
GLBT Pride Edition***

Available June 2008

Faces of SAGE



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