

SAGE'S *Holiday Self-Care* GUIDE

While the holiday season will look a little different this year, the reality is, LGBT elders experienced higher rates of social isolation long before COVID-19. As older people, we may experience feelings of loneliness and holiday blues more acutely this year than in past years. Now, more than ever, it is important to be kind to ourselves and practice positive self-care. Please utilize this list of resources, then share it with your community to help ensure all LGBT older people feel loved, supported, and connected this holiday season.



SAGE'S NATIONAL LGBT ELDER HOTLINE

Talk and be heard at the SAGE LGBT Elder Hotline. We connect LGBT older people who want to talk with friendly responders who are ready to listen. If you are an LGBT elder or care for one, call the SAGE Hotline, toll-free, at 877-360-LGBT(5428).

MAKE A SAGECONNECTION

With this year's unique circumstances, it may be more difficult to maintain connection with your community. With SAGEConnect, our community can come together and lift each other up — one call at a time. SAGEConnect matches LGBT older people with volunteers across the country for casual, weekly phone calls. Learn more at sageusa.org/SAGEconnect.



GET YOUR FINANCES IN ORDER

SAGECents aims to combat the difficulty of navigating economic uncertainty, especially at a time when access to a number of services and opportunities for LGBT elders is limited. Join SAGECents and get confident about your finances going into the new year! Visit sageusa.org/SAGECents today!

ENGAGE WITH LOCAL LGBT GROUPS

Find local groups that provide services and programs to LGBT older people through SAGENet, our national affiliate program. You can also look on [CenterLink](https://www.centerlink.org/) and find LGBT centers throughout the country. Start your search at sageusa.org/affiliates!



SAGE CENTER PROGRAMS

If you are looking for ways to stay connected to the community through engaging programs, be sure to register for virtual events with SAGE Centers throughout NYC. Check out our weekly program schedule to sign up for events like movie nights, workout classes, discussions, workshops, and more! Go to sagenyc.org.

CHOOSE A FEW FUN ACTIVITIES

- Video chat or call a friend or a loved one
- Watch your favorite holiday movie
- Cook or bake a new recipe

