

Dear Friends of SAGE:

As 2009 comes to a close, we look back on this year with gratitude for you, your support and involvement with SAGE. You are the reason that SAGE is here. Over the past year we have offered programs to support the community including; Grief and Caregiver Support, SAGE Café Luncheons, Individual Consultation and Home Visits, and a growing network of LGBT open and affirming health and social service providers. SAGE is making an impact in the community and it is because of you and your support. For this we are grateful!

SAGE is excited to enter 2010 as we will soon have a community based office, thanks to the strong partnership and support of Tower Grove Manor Retirement Community. Through the establishment of our community based office, SAGE will be able to expand our services, volunteer opportunities and outreach to the LGBT community.

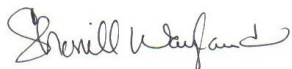
As we look back on the past year, we would like to share an email received from Nan and Martha, life partners, whom SAGE has been involved with over the past year. Martha was a recipient of the SAGE Visionary Award, in honor of her work for LGBT equality.

They have agreed to share their story as a poignant reminder of why SAGE is here. When we first started talking about bringing SAGE to St. Louis, the question often asked was, "Do we have LGBT older adults in St. Louis?" Maybe this was stated jokingly, but it reinforced what research has shown, our LGBT older adults are often viewed as invisible and hidden. Too often in society, we do not wish to think of our future in terms of aging. This may lead us to shy away from our older adults. Their lives may have changed with different needs and routines. But they are still very much a part of our communities. Nan and Martha exemplify a couple who are meeting the challenges they face with amazing spirit and grace, while inviting their friends and family to be a part of this journey.

As an organization and as a community, there is a great deal of community building we can do by reaching out and offering our continued support and friendship. As you read Nan and Martha's story on the next page, I encourage you to think about ways you can support your family, friends and neighbors. Nan and Martha's closing line says it all, "We are still here and very much ourselves." Our challenge as an organization and a community is to continue to see the "Nan and Martha's" and offer our friendship and support.

We look forward to seeing you at upcoming events and wish you a very joyful and peaceful Holiday Season!

Yours in Equality,



Sherrill Wayland, MSW  
Executive Director

Dear friends and family,

Our lives have seen some changes lately. We want to keep in closer contact with family and friends (as some of you have already know! thanks for that friendship) and hope an occasional email will help with that (yes, we know about Facebook...that page may come!).

We are more mindful of taking care of us, as Martha encounters early-stage memory loss while keeping active in Oasis classes and Nan continues the life of a professor and (sometime!) scholar and poet at UMSL.

We have turned to SAGE, a national advocacy group for gay and lesbian elders with a relatively new office in St. Louis, and to the Alzheimer's Association and its well-established chapter here. Through SAGE, we have found "Bob" (of Companion Care Services), Martha's companion during Nan's longer stretches on campus. Martha and Bob have enjoyed our great weather this fall, marketing and visiting parks, libraries, and Mississippi River overlooks. Sherrill at SAGE has also sent us Helen, a Social Work intern whose practicum has included being a "friendly visitor" to Martha.



Martha and Nan accepting  
Martha's Visionary Award.

At the Alzheimer's Association we have been lucky enough to be part of a program called Project Esteem. The first part of Project Esteem includes seven weekly group sessions; these conclude next week. For part of each meeting, early-stage memory-loss people and care partners and family members meet in one group. Then each group meets separately with its own facilitators. This kind of dual programming is rare; we have found the sessions challenging and rewarding and want to continue with Project Esteem II in the spring. The idea of reaching out with email this way to keep family and also friends in the know about us came from a member of the care partners group.

Other activities have been visits from very loyal friends and close ones, and dinner and poetry groups we both attend. We also caught Lily Tomlin's show at the Touhill Building at UMSL. We feel that personal and social contacts are the more precious, as communication becomes a little harder for us, collectively, to sustain with everyone.

We hope to hear from you and to see people in our area if we can over the holidays. It's not as easy for us to get out (those pesky knees, those driving issues) or even to plan (considering short-term memory loss) so we're glad when folks can reach out and "meet us halfway" or just come over and see one or both of us. We are still here and very much ourselves!

Love,

Nan (for "Nan & Martha")

In 1901, a few years before the World's Fair, a man living in St. Louis authored a slim book under the pseudonym of Claude Hartland. Titling his work *The Story of a Life: For the Consideration of the Medical Fraternity*, he hoped that it would educate the city's physicians on the condition from which he suffered: sexual inversion. He poignantly described his childhood gender confusion, his love affairs with other men, and his struggle to make sense of his desires and to find happiness in the Gateway City. As far as we know, Hartland produced the first autobiographical account of a self-described homosexual ever written in America.

Reflecting on Hartland's life should remind us of the remarkable history of queer St. Louis. Generations of lesbians, gay men, bisexuals, and trans people have lived and loved in this city, fought for visibility and dignity, and forged the vibrant community that we enjoy today. Unlike Hartland, however, most of these men and women have unfortunately left us no record of their experiences.

Founded in September 2009, the St. Louis LGBT History Project hopes uncover the full richness of our city's heritage. We want to rediscover those parts of our past that have been lost, and we want to protect what is in danger of being forgotten. We hope that members of SAGE can contribute to our efforts in at least three important ways.

First, we need to identify elders who would be willing to be interviewed. There is a great deal that we can learn simply by recording their stories. We're interested in speaking with anyone who has made St. Louis home and who has somehow been associated with the LGBT community (this includes straight allies). It's also important to note that we're not just looking for community leaders; even 'ordinary people' have been important witnesses to and actors in our city's development. If you'd like to be interviewed or would like to recommend someone, please get in touch with us.

Second, we want everyone to be aware of the importance of preserving objects and documents that record our community's history. These might be, for example, letters, diaries or journals, newspaper clippings, pamphlets, flyers, pins or photographs. If you or a friend or relative have such items in your possession, please let us know. We can help you learn how to prevent them from deteriorating. If you're interested in donating them, we can also assist you in making arrangements with local archival collections. Don't worry if you'd rather not give up the originals; it's often possible to make copies.

Third, we are looking for volunteers. We have a special need for those with skills in research, writing, or Web design, but anyone with time to spare and enthusiasm for the Project is welcome to join us. If you can help in any of the ways mentioned above, or if you have any questions or suggestions, please contact us. We look forward to hearing from you.

Contact Ian Darnell for more information:

Telephone: (314) 740-0298 or (314) 471-1182

[queerhistorystl@gmail.com](mailto:queerhistorystl@gmail.com) / [www.saintlouisgayhistory.com](http://www.saintlouisgayhistory.com)

As SAGE continues to grow and form collaborative relationships, we strive to build community in YOUR community. If you attend programs such as the Third Tuesday Senior Program, that is open and welcoming to the LGBT community, please let us know. Or if you would like to start a program in your community, coffee groups, lunch groups, game groups, etc., please contact SAGE so we can discuss building community in YOUR community.



Third Tuesday Senior Program, at The Episcopal Church of Transfiguration, is open to all older adults 55 and over. This program includes a free meal, Bingo (before the meal) and group games after the meal. Volunteers help prepare the meal and organize the group games. Guests are welcomed to bring desserts and make small donations to help cover the cost of the meal and Bingo prizes.

The Third Tuesday Senior Program is open to all LGBT adults 55 and older. The hosts state “We will do everything to try and make you feel comfortable, as we do that with everyone.” For more information you can contact Pam at: (636) 463-2459 or Warren at: (636) 463-2459.

Location: The Episcopal Church of Transfiguration, 1860 Lake St. Louis Blvd, Lake St. Louis, MO 63376

## SAGE Café Holiday Luncheon

December 5, 2009

It's time for the SAGE Café Holiday Luncheon. Invite your friends and join us as we share a meal together at Tower Grove Manor. After lunch we invite you to bring your favorite holiday dessert to share as we enjoy playing games such as Scrabble, Trivia, and Wii Bowling. All are welcomed to attend, but please remember to RSVP at: (314) 821-4845 or email: [swayland@sagemetrostl.org](mailto:swayland@sagemetrostl.org)

Date: Saturday, December 5, 2009

Time: 11:30 am

Location: Tower Grove Manor – 2710 South Grand Blvd., St. Louis, MO 63118

Cost: \$5/per person (covers cost of meal provided by Tower Grove Manor)

When you arrive at Tower Grove Manor, please sign in at the front desk and pay for your meal at that time.

### Events at Tower Grove Manor

**Location:** 2710 South Grand Blvd., St. Louis, MO 63118

#### Tia Chi—Exercise Class

**Date:** Every Wednesday **Time:** 10 a.m.-11 a.m.

**Bridge at Tower Grove Manor:** Invite your friends and join the residents of Tower Grove Manor every Friday for Bridge and more. Cost to play Bridge is 50 cents. You can have lunch at 12 noon for \$5 per person.

**Date:** Every Friday **Time:** 1 p.m.

#### SAGE LGBT Monthly Grief Discussion

The SAGE LGBT Grief Support programs are open to all LGBT adults (18 or older) who have experienced the death of a partner, family member and/or friend. The groups are led by trained facilitators. Please **RSVP** for these groups by calling: 314-821-4845 or by email: [swayland@sagemetrostl.org](mailto:swayland@sagemetrostl.org)

**Date:** 3rd Tuesday, 12/15 **Time:** 6:30 p.m.-8:30 p.m.

#### SAGE LGBT 6-Week Grief Support Group

The next 6-Week Group will begin December 1st. Pre-registration is required by phone: 314-821-4845 or by email: [swayland@sagemetrostl.org](mailto:swayland@sagemetrostl.org)

**Date:** Dec. 1, 8, 15, 29, Jan. 5, 12 **Time:** 6:30 pm. to 8:30 p.m.

**Parking at Tower Grove Manor:** You can park in the grocery store parking lot next to Tower Grove Manor. Accessible parking is available in the parking lot behind Tower Grove Manor. When arriving at Tower Grove Manor, please sign in at the front desk.

### SAGE Caregiver Coffee

Caring for a partner, friend or family member can be rewarding but also a journey filled with challenges. Join us for lively discussions, support and friendship. All are welcomed to attend.

**Please RSVP to:** [swayland@sagemetrostl.org](mailto:swayland@sagemetrostl.org)

**Dates:** 3<sup>rd</sup> Wednesday, 12/16 **Time:** 6 p.m.

**Location:** MoKaBe's - 3606 Arsenal @ Grand in St. Louis

### Events at the LGBT Community Center

**Location:** 625 N. Euclid, Suite 420, St. Louis, MO 63108 Phone: 314-367-1166

#### The Simply Seasoned Social “Aged to Perfection”

Hosted by Sylvia, Mary Ann and C-Note  
Every Thursday

Come and enjoy friends, laughter, fun talks, and more...

1<sup>st</sup> Thursday: Blood Pressure and Blood Sugar Screenings, from 2 p.m. to 3 p.m.

2<sup>nd</sup> Thursday: Discussion of the Month, From 4 p.m. to 7 p.m.

3<sup>rd</sup> Thursday: Workshops/Special Guests, From 4 p.m. to 7 p.m.

4<sup>th</sup> Thursday: Generations, From 4 p.m. to 7 p.m.

Sponsored by The Center and SAGE

**(Metered street parking is available at the Center with a 2 hour maximum—change required.)**



**Old Lesbians Organizing for Change (OLOC):** OLOC is a national network of Old Lesbians over age 60 working to make life better for Old Lesbians and to confront ageism in our community and our country using education and public discourse as primary tools. The St. Louis OLOC chapter meets once a month for education, friendship and networking. To learn more about OLOC, visit the National OLOC website at: [www.oloc.org](http://www.oloc.org) or contact Charlotte for more information on local activities at: 314-962-2188 or by email at: [charlotte@oloc.org](mailto:charlotte@oloc.org)



**PrimeTimers:** The PrimeTimers St. Louis is a local chapter of PrimeTimers Worldwide that provides mature gay and bisexual men (and their admirers) opportunities to come together in a supportive atmosphere to enjoy social, education and recreational activities. For more information go to: <http://primetimersstl.org/default.aspx>  
Or call: Missouri: 314-894-6718 Illinois: 618-558-5141



**BandTogether:** Come out and enjoy the music of our all-volunteer lesbian, gay, bisexual, straight and transgender band. All concerts have a free admission but applause and donations are appreciated.

Concert Dates: Winter Holiday Concerts, Saturday, December 19, 2009

**Time:** 8 p.m. **Location:** E. Desmond Lee Concert Hall at 560 Music Center—560 Trinity Ave., University City. For more information go to: [www.bandtogetherstl.com](http://www.bandtogetherstl.com)



**Gateway Men's Chorus:** Join they Gateway Men's Chorus for their Holiday Concert, Holiday Hit Parade on Friday and Saturday, December 11 & 12. **Time:** 8 p.m. **Location:** Edison Theatre, Washington University in St. Louis. Reduced rate tickets for adults age 65+ are \$15. To order reduced tickets email: [president@gatewaymenschorus.org](mailto:president@gatewaymenschorus.org) and the tickets will be held for you at the box office. For more information on the concert go to: [www.gatewaymenschorus.org](http://www.gatewaymenschorus.org)

Nonprofit educational & social events that are FREE or at a reduced cost for LGBT older adults can be listed in this section. All events must be received by the 15<sup>th</sup> of the month. Due to space limitations, fundraisers cannot be included in the newsletter. SAGE will review all submissions and include those that align with the mission of SAGE based on space availability.

**Become a SAGE Ambassador with a donation of \$10, \$30, \$50, \$100 or more!**

Donate online at: [www.SageMetroSTL.org](http://www.SageMetroSTL.org)

Or complete and mail the form below.

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Donation Amount: \_\_\_\_\_

*All contributors are recognized as SAGE Ambassadors. The names of SAGE Ambassadors may be listed in the SAGE Annual Report and/or other appropriate materials. Please indicate in the check box below, if you choose to remain anonymous.*

This is an anonymous donation:    Yes    No

Mail completed form, along with donation to:

SAGE Metro St. Louis  
P.O. Box 260016  
St. Louis, MO 63126

**Thank you for your donation and becoming a Founding Ambassador of SAGE Metro St. Louis!**

***\*All donations to SAGE Metro St. Louis are tax deductible according to the Internal Revenue Service tax code 501(c)(3). By Missouri State Law, a service charge of \$25.00 may be assessed on all returned checks.***

Thank you to the sponsors of SAGE Metro St. Louis!

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Tower Grove Manor, A Retirement Community

We are pleased to announce the release of  
***Outing Age 2010: Public Policy Issues  
Affecting LGBT Elders***

A link to the full document is available on our  
website at: [www.SageMetroSTL.org](http://www.SageMetroSTL.org)

This publication is brought to you by the  
National Gay and Lesbian Task Force Policy  
Institute and lead collaborator SAGE USA.

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