



SAGE NEWS

SAGE Metro St. Louis

May /June 2009

Lisa Wagaman Remembered

The passing of Lisa Wagaman, longtime community activist, saddened the LGBT community. Lisa became active with SAGE, and had a meeting scheduled with SAGE on the same day her passing was announced to the community. This news has shocked our community and impressed upon SAGE the urgency for action.

How many LGBT older adults who may be isolated are in our midst? As an organization, community, neighbor and friend, what needs be to done to ensure that our LGBT older adults have the support and services they need?

Research indicates that LGBT older adults are 4% more likely to not have children and the traditional caregiving support systems. A community survey conducted by SAGE Metro St. Louis found that 45% of older adult respondents live alone. It is with this knowledge and the recent passing of Lisa, that SAGE will be working to increase our community outreach and services to those most in need.

In response to the passing of Lisa, SAGE is developing programs that will assist LGBT older adults who may be isolated and in need of greater community support. We are working with the SAGE Advisory Council and other community members to develop and implement these programs. While Lisa's journey on earth may have come to an end, her community activism will live on through the work of SAGE and the LGBT community.

If you are interested in this work and would like to be involved, please contact SAGE at (314) 821-4845 or send us an email at: swayland@sagemetrostl.org

We would like to thank Dr. Laurie Young with The Gay and Lesbian Task Force for making a generous donation in the name of Lisa which will assist SAGE in continuing this important work.

Lisa Wagaman Memorial Service

The community is invited to attend a memorial service honoring Lisa Wagaman, a pioneer in the fight for LGBT equality and an advocate for reproductive justice.

Date: June 21, 2009
Time: 2:00 p.m.
Location: Metropolitan Community Church of Great St. Louis
1919 S. Broadway (Soulard)
St. Louis, MO 63104

In lieu of flowers, the Minth family has requested that memorial gifts be made in Lisa's honor to St. Louis Empowerment (3024 Locust, St. Louis, MO 63103), MCC of Greater St. Louis (1919 S. Broadway, St. Louis, MO 63104) or PRIDE St. Louis (PO Box 2826, St. Louis, MO 63111).

SAGE

Anniversary Celebration

SAGE Metro St. Louis invites you to join us for the celebration of our first year of service and advocacy for LGBT older adults! It is hard to believe how fast this year went by. We are thankful for the support of the community and look forward to many more celebrations as we continue to grow as an organization.

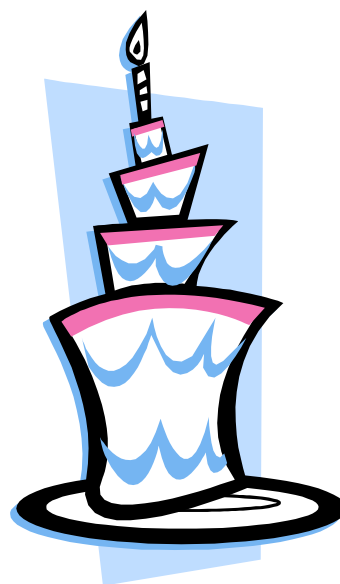
At the celebration SAGE will be honoring LGBT community members with the SAGE Visionary Award. SAGE Visionary Awardees are nominated by community members for their service and advocacy to the LGBT community over the years.

Entertainment and refreshments await you. Make plans today to Celebrate with SAGE!!

Date: June 13, 2009

Time: 2 pm to 4 pm

Location: The Kerr Building
21 O'Fallon Street
St. Louis, MO 63102



The SAGE Anniversary Celebration is FREE and all community members are welcomed to attend. Please RSVP by calling the SAGE at (314) 821-4845 or by email at: swayland@sagemetrostl.org

(The Kerr Building is located in the warehouse district near the St. Louis Arch. From Laclede Landing Blvd, take North 1st Street and turn right onto O'Fallon Street. The Kerr Building is at the corner of 1st Street and O'Fallon Street.)

SAGE Events

All SAGE regularly scheduled programs will be taking place at Tower Grove Manor unless otherwise noted. (See page 8 for additional details on Tower Grove Manor)

Tower Grove Manor is located at: 2710 South Grand Blvd., St. Louis, MO 63118.

SAGE Time

Join SAGE every Monday morning at Tower Grove Manor for coffee, tea, and a variety activities (Scrabble, Bridge, Dominoes, etc.) and educational workshops. At noon, you are invited to enjoy lunch at Tower Grove Manor for \$5 per person.

Time: 10 am to 12 noon

Date: Every Monday Morning

Location: Tower Grove Manor

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.

Date: 3rd Tuesday/Month, May 19th, June 16th

Time: 6:30 p.m.—8:30 p.m.

Location: Tower Grove Manor

Please contact SAGE if you plan to attend the monthly grief discussion group and to sign-up for the next 6 week Grief Support Group at: (314) 821-4845 or swayland@sagemetrostl.org

Blood Pressure/Blood Sugar Screening

Referral Network Partner, Mederi Caretenders, will be offering free Blood Pressure/Blood Sugar Screenings on the first Thursday of each month. Stop in for your free screenings.

Date: June 4th

Time: 2 p.m. to 3 p.m.

Location: **LGBT Community Center**

625 N Euclid Ave, Suite 420

St. Louis, MO 63108

Bring change for the parking meters.

Tia Chi—Exercise Class

Join with the residents of Tower Grove Manor for Tia Chi.

Date: Every Wednesday Morning

Time: 10 a.m.—11 a.m.

Location: Tower Grove Manor

Games at Tower Grove Manor

Join residents of Tower Grove Manor every Friday for card games and more. Have lunch at 12 noon for \$5 per person.

Time: 1 p.m.

Location: Tower Grove Manor

Still Young at Heart Drop-In

C-Note, Mary Ann and Sylvia invite you to join them at the LGBT Community Center on Thursdays for great conversation, movies and more.

Date: Every Thursday

Time: 1 p.m. to 4 p.m.

Location: **LGBT Community Center**

625 N Euclid Ave, Suite 420

St. Louis, MO 63108

Bring change for the parking meters.

Get Your Papers Together!
By Sylvia Squires

Why is it that most folks have a long standing resistance to doing things like writing wills , setting up Trusts , as-signing Powers of Attorney . I say long standing resistance because I would bet that many reading this have not taken care of these legal necessities . This is particularly important because whether you're partnered or not you owe it to those who care about you not to leave these things until there is a crises . The worst time for anyone to have to make critical decisions ,or get legal help , is when they are faced with the responsibility of taking care of your needs .

Most of us lament the fact that we can't marry in the state of Missouri because of the rights we don't have that marriage would confer . The fact is you have only to fill in the blanks, literally, to ensure that you and your partner, or any other party you choose to assign, will have the rights of Durable Power of Attorney.

My partner, Mary Ann, and I took advantage of the offer of free legal service at the St Louis University Law School Clinic last week . Now neither one of us is planning to become critically ill or die but we don't know that we won't . But I feel confident that if those things happen neither of us will find ourselves in a legal Gumbo . We will have all the rights of any married couple to make decisions on behalf of the person we love and carry them through without outside interference or any legal block-ages.

None of us likes to think about someone we love being in a critical medical situation or dying but ignoring the possibilities, or pushing them to the back of your mind, is not the way to deal with reality . What it comes down to is; if you love your spouse, partner, child, family members and friends show it by doing the hard stuff - do the documents and do them soon !



For more information on attorneys who can assist you with completing this paperwork, go to the SAGE website and view our list of Referral Network Partners at www.SageMetroSTL.org

or contact SAGE for a list of attorneys at:

(314) 821-4845

or

swayland@sagemetrostl.org

It is never to early to prepare for the future!!

SAGE Hospitality Tent @ PRIDEFest

SAGE Hospitality Tent

New to St. Louis PRIDEFest—SAGE Metro St. Louis along with PRIDE St. Louis, announce the SAGE Hospitality Tent for older adults and people with disabilities. Make plans to stop by the SAGE Hospitality Tent for water, snacks, community resources, a seat out of the sun and friendly conversation.

Look for the SAGE Hospitality Tent along the row of vendor booths near the entertainment stage!

When: June 27th and 28th
 Time: 11 am—8 pm (Saturday and Sunday)
 Location: Tower Grove Park



Sponsors of the SAGE Hospitality Tent include:

PRIDE St. Louis, Tower Grove Manor –A Retirement Community, Beauvais Manor, Get Promoted, and SAGE Metro St. Louis

SAGE Founding Ambassador Donation Program

Name(s): _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Donation Amount: _____ I wish for my donation to remain anonymous: ____ Yes ____ No

Donations made to SAGE Metro St. Louis are tax deductible. According to MO State Law, all returned checks may be accessed a \$25 fee.

Return this form along with your check to:
 SAGE Metro St. Louis
 P.O. Box 260016
 St. Louis, MO 63126

Or make your donation online at: www.SageMetroSTL.org

Thank you for supporting the work of SAGE through your donation. All donations are tax deductible as SAGE is recognized by the IRS as a 501(c)3 organization.



Older Adults: Can they live alone?

We are all familiar with the television commercial of an older woman lying on the floor of her home crying, “*Help, I’ve fallen and can’t get up*”. While many of us have chuckled over this commercial, it is all too often true. It is not unusual for an older adult who lives alone to fall, resulting in a serious injury such as a broken hip or leg and unable to call for help. If no one is checking on them on a regular basis, days or even weeks could pass before they are found.

Most of us want to continue to live independently as long as possible, and many older adults choose to live alone – whether in their home of many years, a condo or apartment. But often family or friends become concerned about the safety of their loved one living alone.

With the increasing number of services for older adults and thanks to the benefits of modern technology, more and more people are able to safely remain in their home. With the ever-growing number of services and products available, the fear of a medical emergency and no one knowing what has happened, is no longer a necessary risk for choosing to live alone.

There are a variety of both fee-based and free services available. Some of the free services include telephone reassurance programs to older adults, through a few local police departments, the County Older Resident Program, and Cardinal Ritter Institute. A comprehensive list, is available through the website of the St Louis Alzheimer’s Association www.alzstl.org

Another option is an emergency medical alert system worn by the older adult. There are several companies offering this service in the Saint Louis area and their fees are generally less than \$50/month. Some of the systems have been updated, and offer a device worn on the wrist in addition to the usual necklace. Some companies also offer check-in service as an added protection.

If you are uncertain, what may be the best system for your loved one, having a professional evaluate the older adult in their home environment can assist you in determining what is the most appropriate and cost-effective system for the older adult in your life. A comprehensive assessment by a professional social worker or geriatric care manager evaluates your loved one for a variety of services which are now available for seniors. Often a combination of services can be put together which can enable people to remain as independent as possible, living in their own homes with an enhanced quality of life.

Sometimes an older adult does need to relocate to senior housing and an in-home assessment by a qualified professional, such as a professional social worker or qualified geriatric care manager, can guide and support caregivers and older adults in making these difficult decisions.

This article provided by a SAGE Referral Network Partner:

Jeannie Krause-Taylor, MSW, LCSW, ACSW has over 20 years of experience as a professional social worker. In 2004, she founded Pathways for Aging (www.pathwaysforaging.com) where she and a group of professional clinical social workers, provide Geriatric Care Management & Psychotherapy for older adults.

Currently she is an Adjunct Professor for The Brown School of Social Work at Washington University in St. Louis, and she offers seminars regarding Ethics in Healthcare, Mental Health & Aging, and Caregiving to a wide variety of groups and organizations. She can be reached at 314-361-3530 or j.krausetaylor@pathwaysforaging.com

Contact SAGE for more information on services available in the community to assist older adults with remaining safely in their homes. (314) 821-4845 or swayland@sagemetrostl.org

SAGE Advisory Council

Join the SAGE Advisory Council and guide the development of Social and Educational programs.

Name _____

Address: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____

Age: _____

Please list any skills or talents you have that will benefit the SAGE Advisory Council:

Please provide a short bio:

Why do you want to be on the SAGE Advisory Council?:

Return by mail to: SAGE Metro St. Louis ~ P.O. Box 260016 ~ St. Louis, MO 63126

Or email the above information to: swayland@sagemetrostl.org

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

Phone: (314) 821-4845
email: swayland@sagemetrostl.org
web: www.SageMetroSTL.org



SAGE Metro St. Louis strives to enhance the quality of life of LGBT older adults through service, advocacy and community awareness.

Tower Grove Manor

Tower Grove Manor

2710 South Grand Blvd.

St. Louis, MO 63118

Phone: (314) 773-2800

Parking: Parking is available in the grocery store parking lot next the building. Accessible parking and entrance is located at the back of building. You may park along the garden roped boarder or the chain link fence. If you need assistance, call Tower Grove and someone will come out and assist you.

Check-in: When arriving and leaving Tower Grove Manor, you will be asked to sign-in and out at the front desk. Please do so, as we are guests in their building.

Founding Board of SAGE Metro St. Louis

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Charles Koehler - PrimeTimers St. Louis

Denise King, PhD - University of Missouri St. Louis, School of Social Work

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