



September, 2009

SAGE News
SAGE Metro St. Louis

A Message from SAGE

Dear Friends of SAGE:

We hope this newsletter finds everyone doing well and having enjoyed your summer in St. Louis. The season's of change are upon us as we will soon see the leaves change, bringing the beautiful colors of Fall to St. Louis.

Just as the season's change, SAGE has change in the air as well. We would like to welcome four new board members to SAGE.

Cindy Fulton: Cindy is CPA and has had her own business for many years. She provides tax advice and services to numerous nonprofits and the LGBT community.

Amanda Hancock: Amanda is a Financial Services Representative with MetLife. Amanda is an active supporter and ally of the LGBT community and brings a wealth of corporate experience to the SAGE Board.

Pamela Merritt: Pamela is a 2009 SAGE Visionary. She is a long-time activist in St. Louis. She was the chair of PROMO's PAC for many years and worked for the Vital Voice. She is now employed at Planned Parenthood.

Bruce Yampolsky: Bruce currently works for the City of St. Louis. Bruce has been active on many boards and organizations over the years and currently serves as the chair of the St. Louis City Silver Haired Legislature.

We are excited for the growth of the SAGE Board and the skills that each new board member brings to the table. Please join us in welcoming Cindy, Amanda, Pamela and Bruce to the SAGE Board.

The next few months finds SAGE busy with the work of community outreach and education. Five presentations/workshops are scheduled during September and October. The most exciting opportunity is our invitation to present at the 2009 Missouri Show Me Summit on Aging and Health. This Summit is statewide and sponsored by the Missouri Alliance of Area Agencies on Aging. This presentation provides SAGE with an opportunity to share our message with service providers across the state.

Have you checked out the online Referral Network listings lately? We now have over 40 organizations and services listed, and we are excited to announce our newest addition, the Bethesda Health Group. If you have utilized services listed on the Referral Network, please send us an email and let us know how your experience was.

Finally, don't miss the SAGE Luncheon on September 19th. We had 20 people join us for the July Luncheon and everyone had a great time visiting during lunch and playing Scrabble, Trivial Pursuit, and Wii Bowling. Mark your calendars and join us for our next luncheon (details on page 3).

Hope to See You Soon,

Sherrill Wayland, MSW

Executive Director

SAGE Monthly Events

Events at Tower Grove Manor

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

SAGE Time

Join SAGE every Monday morning at Tower Grove Manor for coffee, tea, and more. We have been having a great time playing Wii Bowl – so come on by! At noon, you are invited to enjoy lunch at Tower Grove Manor for \$5 per person.

Date: Every Monday **Time:** 10 a.m. 12 noon

Tia Chi—Exercise Class

Get up and stretch with the residents of Tower Grove Manor for Tia Chi.

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

Date: 3rd Tuesday, 9/15 **Time:** 6:30 p.m.-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 check-in at the front desk.

Events at MoKaBe's Coffee House

Location: 3606 Arsenal @ Grand in St. Louis

SAGE Caregiver Coffee

Are you providing care and support for a partner, parent, friend or other family member? Providing care and support for a loved one with a chronic illness or disability is an important but often overlooked role in society. At SAGE we recognize the contribution and care you are providing and wish to support you as a caregiver. To assist in the journey as a caregiver, we offer the Caregiver Coffee. Join with other LGBT and allied caregivers once a month for networking, support, and special presentations.

Dates: 3rd Wednesday, 8/19 **Time:** 6 p.m.

(Look for the SAGE Metro St. Louis table sign!)

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...

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

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

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

4th Thursday: Generations, From 4 p.m. to 7 p.m.

Sponsored by The Center and SAGE

September Events

SAGE 6-Week Grief Support Group

The SAGE LGBT Grief Support Group is open to all adults within the LGBT community who have experienced the loss of a partner, family member or friend. At SAGE our goal is to provide you with a safe space to express your feelings, provide educational resources, and gain peer support. This group is co-facilitated by trained social workers, counselors and community volunteers. **Pre-registration is required for this group by emailing SAGE at kstinson@sagemetrostl.org**

Date: September 1, 8, 15, 22, 29 and October 6
Time: 6:30 p.m. to 8:30 p.m.
Location: Tower Grove Manor, 2710 South Grand, St. Louis, MO 63118

SAGE Café Luncheon

Invite your friends and join us for the SAGE Café Luncheon hosted by our friends at Tower Grove Manor. Bring \$5 and join us for a warm lunch, including drinks and dessert. After the SAGE Café make plans to enjoy a friendly game of Bridge, Scrabble or even Wii Bowling. Residents at Tower Grove Manor are excited to have us join them for friendship, food, and games!

RSVP by calling (314) 821-4845 or send an email to swayland@sagemetrostl.org

Date: Saturday, September 19th
Time: 11:30 a.m.
Location: Tower Grove Manor, 2710 South Grand, St. Louis, MO 63118



Become a Singer Institute—Senior Connections Volunteer: Senior Connections offers a life-enriching solution. This distinctive program provides warmth, hope and joy for lonely nursing home residents through specially trained companions called Relational Volunteers. Likewise, the program offers an opportunity for community volunteers to enjoy gratifying new relationships with aging seniors who still have much to contribute to the lives of others. The Singer Institute is currently accepting volunteers for their next training course. To learn more about the Singer Institute go to: www.singerinstitute.org

If you are interested in joining with SAGE and becoming a volunteer for this program, or if you know of an LGBT older adult or someone with HIV/Aids residing a nursing home who may need a volunteer, please contact the SAGE office for more information.

Support SAGE

We are often asked, how do I join or become a member of SAGE. At SAGE we view all LGBT older adults and friends as members of SAGE. Regardless of age, the services and advocacy being developed today, will impact ALL of us today and in the future. We ask that you consider making a donation to support SAGE by becoming a SAGE Ambassador.

Your donation assists with our on going strategic goals of:

- Increasing our community outreach
- Developing new programs
- Providing trainings & workshops
- Establishing a community based office
- And much more...with your help

We can not express our gratitude enough for the ongoing support we receive from the community! Thank you for donations and involvement with SAGE Metro St. Louis.

SAGE Ambassador

Name(s): _____

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

Phone: _____ Email: _____

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

Send this complete form along with your donation 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. According to MO State Law, all returned checks may be accessed a \$25 fee..

Announcements—Community Events

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

Or contact Charlotte for more information on local activities at:

314-962-2188

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:

- Fall Halloween Concert
Saturday, Oct. 10, 2009

The Concert starts at 8 p.m. in the E. Desmond Lee Concert Hall

560 Music Center—560 Trinity Ave.,
University City.

For more information go to:

www.bandtogetherstl.com

As space allows, SAGE is happy to post upcoming “free” events for the LGBT community. If your event has a fee, we are happy discuss a paid advertisement to be placed in the newsletter. All listing requests should be sent via email to swayland@sagemetrostl.org 15 days before the end of the month. Thank you!



Environmentally Friendly Newsletter Distribution

At SAGE Metro St. Louis, we made an environmental decision to have our SAGE News as an online newsletter. This not only helps reduce our carbon footprint, but it also saves money in monthly printing and postage costs.

We realize that everyone does not have access to our online Newsletter and many may prefer a print version.

Here is how you can help:

- Word of mouth is the best marketing tool. If you know of others who would enjoy receiving our newsletter, please forward it to them via email.
- If you have friends who do not have email, print the SAGE News for them using the double sided print setting on your printer.
- If you prefer a printed version and have access to a printer, we request that you print a copy to read to help keep our printing and postage costs down.
- If you have received our Newsletter and do not have access to the internet, please call our office at (314) 821-4845 and we will send you a printed copy of the newsletter.

Thank you for helping us to provide an environmentally friendly and cost efficient newsletter.

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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.

Thank you to our SAGE Sponsors!

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SAGE Board and Staff

(From left to right) Rudy, Anneliese, Sherrill, Barbara, Denise, Eugene, & Carl

Staff

Sherrill Wayland, MSW - Executive Director

Volunteer Editor

Pamela Bigelow