

Clinical Services at SAGE

Individual Counseling

Individual Counseling provides clients with one-on-one supportive psychotherapy with a licensed social worker. Issues like depression, anxiety, dealing with internalized homophobia and confronting the realities of aging are addressed. Both long-term and short-term solution-focused treatment is offered.

Group Counseling

Group Counseling provides weekly group meetings on a variety of themes ranging from supportive (e.g. Bereavement groups, Caregiver groups) to therapeutic (e.g. Men's Group, Coming Out Later in Life). A telephone support group is also offered to SAGE clients who are homebound. All Clinical Groups are led by trained facilitators, and require an initial interview prior to admission.

Case Management

Case Management allows SAGE Social Workers to provide assistance with benefits and entitlements to clients throughout New York City. Assistance can range from help in choosing a Medicare Part D plan to accompanying clients who are facing eviction to Housing Court. SAGE Social Workers partner with a multitude of community-based organizations to provide their clients with the most comprehensive case management services available. Services may be provided either at SAGE's Clinical office or in-home (in the case of homebound clients).

Community Services Programs

Many of SAGE's Community Services programs take place at New York City's LGBT Community Center at 208 West 13th Street. Please make sure to check SAGE's calendar for information about dates, event locations and registration requirements.

Walk-in Services are provided Monday –Friday, from 2pm to 5pm in Room 207 at the LGBT Community Center. During Walk-in hours you can get a wide range of information, obtain a referral for services from SAGE or another agency, buy theater tickets, make reservations for SAGE events, and purchase or renew your SAGE memberships. (Temporary membership cards are available while you wait to receive your permanent card by mail.)

Daily Drop-in is a place for SAGE members (and all GLBT seniors) to socialize and relax. The Drop-in takes place Monday - Friday, from 1pm to 4:30pm in Room 107 at New York City's LGBT Center. Coffee, tea and snacks are available. The Drop-in is usually staffed by a volunteer host. Birthdays are celebrated each month, as are holidays like Halloween, Valentine's Day and St. Patrick's Day. There is also a monthly movie. Interested seniors are invited to regular community meetings at the Drop-in.

Theater Desk is open in the Drop-in Monday - Friday, 2:30-3:30, and 5:30 - 6:30 on Tuesdays. Discounted theater tickets are a benefit made available only to SAGE members; they usually cost only \$1 per ticket.

SAGE Social is one of the oldest SAGE programs and takes place on a quarterly basis. Socials are held on Saturday afternoon and feature a hot lunch, cold drinks, live music,

entertainment and a raffle. Tickets are \$10 for SAGE members if purchased in advance, more for non-members or day-of purchases, and can be purchased at the SAGE office at 305 Seventh Avenue or at the SAGE office at New York City's LGBT Center.

SAGE Brunch generally takes place on a monthly basis and must be paid for in advance. Advance can be made at the SAGE office at 305 Seventh Avenue or SAGE office at New York City's LGBT Center. This popular program has two seatings with a special menu in a popular local restaurant.

SAGE Walks usually take place twice a month and are outings to places of interest. Reservations must be made in advance at the SAGE office at 305 Seventh Avenue. Prices vary according to destination and whether or not lunch is included.

SAGE Bus Trips take place during the warm months and provide an opportunity for a special out-of-town getaway. Popular destinations include Atlantic City, Fire Island and upstate hot spots.

SAGE Parties are big celebrations for special occasions, including Thanksgiving, the December holidays and Thanksgiving, and Pride. Refreshments are served, and there is usually entertainment. Advance sign-up and a voluntary contribution are usually requested.

Drop-in Support Groups & Discussion Groups -- men, women and co-gender -- take place on a weekly basis and are open to anyone, space pending.

Art & Culture Series is presented in the form of on-going groups and classes, like the Acting Class, the Art Studio, and the Opera-Lovers' Group. This Series also includes special programming.

Health & Wellness Series is an on-going program featuring guest professionals presenting on a range of medical and emotional health issues. There is also a twice weekly aerobic exercise class, SAGErcize, which takes place Tuesdays and Thursdays.

Money & Finances Series includes regular meetings of the SAGE Savings & Investment Group as well as guest presenters discussing topics like estate planning, retirement planning and Medicare.

History & Heritage Series presents important community figures to SAGE members and the broader GLBT public. Recent speakers include Joan Nestle, David Carter, and Douglas Kimmel.

Sex, Dating & Romance Series are special workshops designed to help GLBT seniors connect or stay connected to significant others of whatever stripe. There are workshops for men and for women.

Legal Clinic offers pro bono legal assistance to SAGE clients and members. For an appointment, call 212-741-2247, come to the SAGE office at 305 Seventh Avenue, or come to the monthly drop-in SAGE Legal Clinic at New York City's LGBT Community Center.

Public Benefits Counseling is provided both at the SAGE office at 305 Seventh Avenue and at the SAGE office at New York City's LGBT Community Center. Appointments must be made in advance by calling 212-741-2247.

The Pride Parade - SAGE and its members march (and roll) every year. All are welcome.

SAGE Upper Westside Neighbors is a neighborhood network for socializing and support. There is a program on the last Tuesday evening of each month at **Rutgers Church at 236 W. 73rd Street**. All are welcome.

SAGE Services & Programs List

Support Groups

Alzheimer's Caregiver Support Group
SAGE Positive HIV 50+ Support
Bereavement Group
Caregiver Support Group
Gay Widowers Support Group
Men's Coming Out
MS Support Group
Older Than Springtime - Men's Support Group
Women's Support Group

Discussion Groups

Conscious Creative Aging
Life Issues: Beyond Retirement
Men 40+ Rap
Men 50+ Rap
Savings & Investments
Senior Elders: 75+ Support
Tuesday Daytime Discussion
Women: Our Spiritual Journeys

Art & Culture Programs

Acting Class
Art Studio
Booklovers' Discussion Group
Book Readings
Creative Writing Workshop
Discounted Theater Tickets
Morning at the Opera
Movies
Women's Music Salon

Social Activities

Brunch Bunch
Bus Trips
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

Helping Services

Benefits Counseling

Friendly Visitors

Legal Clinic

Lend-a-Hand

Informational Programming

Health and Wellness Presentations

Heritage and History Presentations

Legal Issues Presentations

Money & Finance Presentations

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

Clinical/Counseling Services

Case Management

Individual Counseling

HIV Related Counseling

Group Counseling

Benefits Counseling

Walk-In Social Services Clinic

Help Finding a Safe &

 Friendly Long-Term Care Facility

Help Finding Homecare

SAGE Communities

SAGE Harlem NORC (Naturally Occurring Retirement Community)

Monthly HEAT (Harlem Elders Advocating for Themselves) Meetings

Monthly Social Programming w/Rehoboth Temple

Social Activities

Informational Presentations

Information & Referrals

HIV Services

Upper West Side Neighbors

Monthly Social Programming

Education & Advocacy

National Conference on

GLBT Aging

GLBT Aging Advocacy

HIV and Aging Advocacy

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

Community Meetings

Monthly Drop-In Community Meetings

Monthly HEAT (Harlem Elders Advocating for Themselves) Meetings

Upper Westside Programming Planning Meetings

Volunteer Services

Friendly Visitor Trainings & Support Meetings

Monthly Volunteer Orientation