



Annual Picnic:  
Sunday, August 10  
Ryder Park  
5400 Butternut Drive,  
East Syracuse  
1:00 pm



## On the menu: Subs

SAGE will provide the fixings:  
lunchmeat, cheese,  
lettuce, tomato, buns and chips.

For those of you would like to bring  
something, a side dish  
would be great.

## No potluck – come to the picnic!

The picnic is held in place of our  
Second Sunday Potluck, so don't  
come to SAGE, come to the park.

## Farmers Market Coupons are here



The 2025 Senior Farmers Market Nutrition Program coupons are here! They can be used at participating Farmers Markets-- look for the lavender sign that says: "We Gladly Accept Farmers Market Coupons."

To be eligible to receive coupons, you must be age 60 or older and meet household income guidelines. Each eligible person receives one coupon booklet with 5 coupons, each worth \$5 for a booklet total of \$25. Coupons may be used through November 30, 2025.

For eligibility guidelines and FAQs:

<http://www.ongov.net/aging/farmers-market-coupons.html>.

Coupons are available at SAGE Upstate. Contact the SAGE Upstate Neighborhood Advisor, at 478-1923 x5 or [mtyle@sageupstate.org](mailto:mtyle@sageupstate.org) to schedule a date and time to pick up yours.

## Breathwork: How it Helps

*Restore: Breathwork for Building Self and Community* started in July, led by Roslyn Rasberry. Classes cover the basics of Breathwork, and offer participants the chance to engage in this practice. The program is designed for the LGBTQ+ community. Its goals are for participants to feel more peaceful and grounded, as well as to experience better mental, emotional, physical, spiritual, and identity health, especially in these uncertain times and climate.

The program meets on the 2nd Mondays from 6:00 to 7:00 pm and on the 4th Mondays from 6:00 to 8:00 pm. To sign up, contact Leslie at [llamb@sageupstate.org](mailto:llamb@sageupstate.org) or 315-478-1923.

Here are what a few participants had to say about this program.

*Breath work is not just about breathing... it is about recentering, focusing, control, healing, and connecting. -- Tim Lattimore*

*The Breathwork program was very enlightening. I found it to be soothing and beneficial. -- L Sue Clemmons*

This program is made possible through funding from the Central New York Community Foundation.



## Pet Photos at the Picnic!

For a \$5 donation, get a pic and a treat.  
We'll have a backdrop and props.



SAGE Upstate News is published monthly and features articles and resources on issues affecting older Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) people in Central New York. SAGE Upstate is a not-for-profit organization that offers programs to reduce isolation and improve health for LGBTQ communities. SAGE Upstate board meetings are open to the community. For more information contact Kim Dill at 315-478-1923 or [kdill@sageupstate.org](mailto:kdill@sageupstate.org).

All SAGE Upstate activities are accessible unless otherwise noted. Interpreters and large print publications are available on request.

### **SAGE Upstate Board**

Bob Bezy, Board Chair

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Recording Clerk: Rita Gram

Barb Genton

Liz Stehle

Les Wright

Contact the board at  
[board@sageupstate.org](mailto:board@sageupstate.org)

### **SAGE Upstate Staff**

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*Executive Director*

Leslie Lamb

*Program Director*

Masani Tyler

*Neighborhood Advisor*

Johna Melius

*Trans Outreach*

SAGE Upstate is funded by the the Onondaga County Department of Adult and Long Term Care Services, NYS Legislative funding through the Office of Senator Rachel May, Excelsus BlueCross BlueShield, the Central New York Community Foundation, the Emerson Foundation, NYS Legislative funding through the NYS Department of Health, the Leonard Litz Foundation, SAGE USA, generous individual donors, fundraising events, and business sponsors.



If you are LGBTQ+ BIPOC and interested in sharing your poetic thoughts and feelings, enter the SAGE SPARK Poetry Contest.

A selected panel of people from the community will judge your entry and determine a winner. The winner will then have his/her/their picture, poem, and mini bio printed in the SAGE Upstate newsletter and will have the honor of reading his/her/their poetry at the upcoming SAGE Community Dinner in October.

Call or email if you have questions. You can send in your poetry via mail to SAGE Upstate 431 E. Fayette Street Syracuse, N.Y. 13202, or you can drop it off at the center (same address as above). You can also

### **SAGE SPARK Poetry Contest Rules**

- 1) You can begin submitting your poetry now.
- 2) Only one poem per person.
- 3) You can write about any topic or subject.
- 4) You can submit any form or style of poetry, e.g., prose, verse, Haiku, Limerick, Dodoitsu, Elegy, etc...
- 5) Poems must be 200 words or less.
- 6) The entry deadline is September 30, 2025

email it to Leslie Lamb at [llamb@sageupstate.org](mailto:llamb@sageupstate.org) or Tim Lattimore at [tlattimore@sageupstate.org](mailto:tlattimore@sageupstate.org).

Also going forward, a photo column dedicated to people in the community will be featured in the SAGE newsletter. If you have pics that you would like to see in the newsletter, please send them to us. In the meantime, take care of yourselves and BE KIND to one another.




*Utica virtual participants in Pride 5K*



*SAGE Table at Cortland Pride*



*Pride Photos by Tim Lattimore*

| Sunday  | Monday  | Tuesday   | Wednesday          | Thursday   | Friday                      | Saturday   |
|---|---|---|--------------------|--|-----------------------------|--|
|  |   |   |                    |  | 1                           | 2<br>2 pm Utica Potluck<br>12- 4 BIPOC Mental health and wellness fair |
| 3   | 4<br>5:30 Walking group<br>6 pm Monday Men's (closed) Group                     | 5<br>10:30 String Cheese Acoustic group<br>6 pm Bonding Brothers  | 6<br>5:30 Writers  | 7<br>10 am Walking<br>6 pm Dinner Out  | 8                           | 9<br>7:00 Gender Blend   |
| 10<br>1:00 SAGE Upstate Annual Picnic   | 11<br>5:30 Walking group<br>6 pm Monday Men's Group<br><br>6 pm Breathwork      | 12<br>11:30 am Lunch & Learn: Unchained                           | 13<br>5:30 Writers | 14<br>10 am Walking<br>9:30 Breakfast Out  | 15<br>7 Men's Night Out     | 16<br>2 pm Watertown Potluck   |
| 17  | 18<br>5:30 Walking group<br>6 pm Monday Men's (closed) Group                    | 19<br>6 pm Bonding Brothers<br><br>11:30 SNAP-Ed Nutrition series | 20<br>5:30 Writers | 21<br>10 am Walking Group<br>12:30 Lunch Out<br>3:30 pm Theater Thursday:<br><i>Familiar Touch</i> | 22<br>Pride Day at the Fair | 23   |
| 24<br>31  | 25<br>5:30 Walking group<br>6 pm Monday Men's (closed) Group<br>6 pm Breathwork | 26<br>11:30 SNAP-ED Nutrition Series                              | 27<br>5:30 Writers | 28<br>10 am Walking  | 29                          | 30   |

Bonding Brothers: Men's group meeting in the Center on the 1st and 3rd Tuesday at 6 pm.

Gender Blend: 2nd Saturday, social/support for Trans/Nonbinary communities. In person and on Zoom (details at [sageupstate.org](http://sageupstate.org)). For info contact Johna: 315-478-1923 or [jmelius@sageupstate.org](mailto:jmelius@sageupstate.org).

Knitting & Fiber Arts: On break until September

Lunch & Learn: Unchained, details on next page

Meals OUT – Dinner on the 1st Thursday, Breakfast on the 2nd Thursday, and Lunch on the 3rd Thursday, See details on p. 3

Men's Night Out: Social for SAGE guys, 3rd Friday, 7 pm

Monday Men's Group: closed support group that takes new members a few times a year.

SNAP-ED Nutrition Series: See next page for details.

Second Sunday Potluck in Syracuse. Bring a dish to pass if you are able.

String Cheese: a new group for learning and playing stringed instruments. Bring a bag lunch for after. Meeting on the 1st Tuesday this month only.

Theater Thursday: *Familiar Touch*, 8/21, 3:30 pm

Utica Potluck 1st Sat. 2- 4 pm, for all in the Utica area and beyond. Bring a dish to pass if you are able.

Walking Group Mondays: The group meets at the Visitor Center at Onondaga Lake Park, Mondays at 5:30

Walking Group Thursdays: The group meets at the benches by Panera at Destiny on Thursdays at 10 am

Watertown Potluck: 3rd Saturday at 2 pm, for all in the Watertown area and beyond. Bring a dish to pass if you are able.

Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only– link at [sageupstate.org](http://sageupstate.org)





## SNAP-ED Series

This series, led by Onondaga County Aging Services, will focus on promoting food resources and management skills, encouraging healthy eating and exercise, identifying nutrition-dense foods, and tips on how to prepare low-cost, healthy meals. **Classes will be held at SAGE on Tuesdays at 11:30 in August and September:**

**8/19, 8/26, 9/9, 9/16** Includes lunch and starts at 11:30 am. RSVP to Leslie at 315-478-1923 or [llamb@sageupstate.org](mailto:llamb@sageupstate.org) and let us know of any dietary restrictions.

**Programs outside of Syracuse open to LGBTQ+ folks and Allies in these towns and beyond.**

**Oswego:** Now meeting Quarterly-- stay tuned for details

**Utica:** Potluck on the first Saturday  
2 pm Utica Unitarian, 10 Higby Rd.

**Watertown:** Potluck on the 3rd Saturday,  
2 pm All Souls UU, 1330 Gotham St.

## FAMILIAR TOUCH



**Theater  
Thursday:  
August 21  
3:30 pm**

An octogenarian woman transitions to life in assisted living as she contends with her conflicting relationship to herself and her caregivers amidst her shifting memory, age identity, and desires. 1H 51 min Popcorn will be provided.

## Meet your SAGE friends for a meal

To RSVP, contact Ron or Leslie at 315-478-1923 or [llamb@sageupstate.org](mailto:llamb@sageupstate.org).

**1st Thursday Dinner: 8/7, 6 pm**

Camino Real — 3811 Brewerton Road,  
North Syracuse

**2nd Thursday Breakfast: 8/14 9:30**

Finally Ours — 3788 W. Seneca Turnpike,  
Syracuse 13215

**3rd Thursday Lunch: 8/21, 12:30**

Gardenview Diner — 650 Old Liverpool  
Road, Liverpool 13088

**Lunch & Learn  
August 12, 11:30**



Emily NaPier Singletary, founder of Unchained, will speak on this organization which is dedicated to empowering those currently and formerly incarcerated in the state of New York through policy development, community organizing and advocacy, research, and liberation education. Emily will talk about Unchained and how we can help. *Includes lunch and starts at 11:30 am. RSVP to Leslie at 315-478-1923 or [llamb@sageupstate.org](mailto:llamb@sageupstate.org) and let us know of any dietary restrictions.*



**Would you consider spending 15 minutes to make SAGE Upstate programs better?**

The Take Care Together program, funded by Excellus BlueCross Blue Shield, attempts to understand social connection in SAGE programs. We know that isolation can lead to a whole host of problems with our physical and mental health. We want to make sure that we are doing all we can to keep people connected, not isolated. We're doing 15 minute surveys-- by phone or in person -- with just two questions about SAGE programs: 1. What makes you feel connected? 2. What hinders feelings of connections? Interested? Contact Kim at 315-478-1923 or [kdrill@sageupstate.org](mailto:kdrill@sageupstate.org)

## Volunteering benefits us all

Volunteering can significantly improve both mental and physical health. It can boost self-esteem, reduce stress and depression, and even lowers blood pressure. Acts of generosity activate the brain's reward system, promoting positive emotions and sense of purpose, which can impact overall well-being.

### Mental Health

Improves:

- self-esteem, confidence
- mood, sense of purpose
- cognitive function

Decreases:

- Stress, depression
- Loneliness

### Physical Health

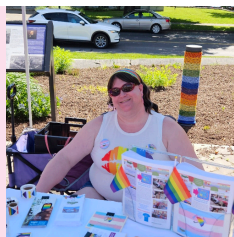
- Improves immune function
- Increased activity
- Lower blood pressure
- Better sleep

### Other benefits

- Gaining new skills
- Making new friends
- Contributing to the community

**We need you!  
Consider volunteering at SAGE**

## Johna Talks: Safety



Many of us remember Mathew Shepard, a young gay man who was murdered in Laramie, Wyoming in 1998. James Byrd, a 49 year old black gay man, got less media attention but was also killed that year in Texas.

These two tragic deaths led to the passing of the Byrd/Shepard Hate Crimes Prevention Act of 2009. This legislation allows federal prosecution of hate crimes motivated by the victims' actual or perceived sexual orientation, gender identity, race, color, religion, or disability.

There has been an increase of attacks on LGBTQIA communities, especially persons under the transgender umbrella. In our lovely state, the people have spoken and voted in favor of Proposition 1, ensuring civil rights and protection from discrimination no matter who, what, where, when, or how an individual was born or identifies. Though we have these statutes in effect, many of us are still wary. One way to be safe is to stay awake.

## STAY AWAKE

**A**wareness: Be aware of your surroundings and trust your instincts. You never know when a situation can become unsafe.

**W**ith Someone: When possible, go out with trusted friends or companions, especially in new places.

**A**glow: Use a flashlight or your phone light, wear bright clothes--if you can see and be seen, you're less likely to be surprised.

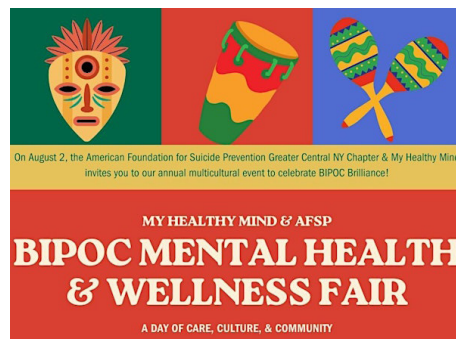
**K**nowledge: As the saying goes, knowledge is power. Know your rights and have ideas about how to handle situations.

**E**xplain: Call for help and inform authorities about what happened. This may prevent someone else from experiencing the same thing.

## Interested in staffing a table for SAGE?

SAGE frequently staffs tables at events and info fairs, and we always need volunteers. The two events in the column to the right are examples. Interested? Contact Leslie at [llamb@sageupstate.org](mailto:llamb@sageupstate.org) or 315-478-1923 or. It's easy and it's usually a fun time. Here's what we ask of our table volunteers:

1. Be welcoming and friendly: Greet visitors -- make eye contact, smile, and greet passersby.
2. Engage-- try not to ambush. Start conversations with open-ended questions such *Would you like to hear about SAGE and what we do?*
3. Share your passion. Explain why SAGE is important to you and what you like about different programs.
4. Offer a clear call to action: Have visitors sign up to volunteer, come to a program, or connect with SAGE online.
5. Collect contact information: Ask if they would like to be added to lists for weekly emails, the newsletter or to volunteer.
6. Keep it tidy: Regularly straighten the table, so materials are stocked and that the table looks inviting.
7. Take care of yourself: Tabling can be tiring, so take breaks, hydrate, and enjoy the experience.



## BIPOC Mental Health & Wellness Fair

SAGE will have a table in Clinton Square at the BIPOC Mental Health and Wellness Fair on Saturday, August 2 from 12:00pm-4:00pm. The event is hosted by My Healthy Mind & the American Foundation for Suicide Prevention Greater Central NY Chapter. The fair will include diverse cuisine, cultural performances, art, resources, vendors, carnival games, live entertainment, wellness talks, and more.



Pride Day at the NYS State Fair is set for August 22. SAGE will staff a table there and we need volunteers. Contact Leslie at 315-478-1923 or [llamb@sageupstate.org](mailto:llamb@sageupstate.org) to sign up for a shift between 10 and 5 pm.

FAIR-NY coordinates the LGBTQ Information booth each year in the Center of Progress Building, which is staffed every day of the fair, August 20 through September 1. To sign up to volunteer, email [fairny@fairny.org](mailto:fairny@fairny.org). Senior Day is August 25.

For more safety information, see: [thetrevorproject.org/resources/](http://thetrevorproject.org/resources/) [glaad.org/smsi/lgbtq-digital-safety-guide/](http://glaad.org/smsi/lgbtq-digital-safety-guide/) [avp.org/resources](http://avp.org/resources)



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