

Second Sunday Potluck

Back to School

Yes, we know-- for most of us, school days are over. But there's something about September that brings back memories. On Sunday 9-14, we invite you to share your back to school memories. And, we'll have some fun games.

Social time: 3:00 pm; Program: 4:00 pm
Potluck dinner following program
Bring a dish to pass if you able

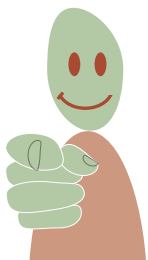
Neighborhood Advisor Program

Over 60 in Onondaga County and need help? Masani (SAGE Upstate Neighborhood Advisor) can help you find services in a variety of areas, including health care, legal advice, transportation, housing, nutrition, exercise, social programs and caregiver information. Contact info:

315-478-1923

mtyler@sageupstate.org

Funded by the Onondaga County Office of Adult & Long Term Care Services



**SAGE
Upstate
Needs
You!**

More info inside

August @ SAGE

Picnic & Pride Day



13 ANNUAL COMMUNITY DINNER SATURDAY OCTOBER 18, 2025

Join us at the All Saints Center on October 18 for the SAGE Upstate Community Dinner. The evening will include a reception, dinner, silent auction and entertainment.

Would you like to host a table? This does not mean reserving seats -- table hosts bring 8 place settings and decorations for a table. The personal touches that hosts provide add color and flair to the celebration! We also are looking for volunteers in other areas too, such as planning, decorating and setting up, clean up, distributing flyers and other tasks. If you'd like to help with this event, please contact Leslie at 315-478-1923 or llamb@sageupstate.org.

The suggested donation for this fundraiser is \$25, but any amount is fine.

Reserve your seat by October 1 to guarantee the meal of your choice (Pork, Turkey, Vegan). To reserve:

- Visit sageupstate.org event page
- Call or visit the SAGE Upstate Office
- Contact Kim: 315-478-1923 or kdrill@sageupstate.org



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.

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
Susan Horn, Vice-Chair
Treasurer: Jenny Gluck
Recording Clerk: Rita Gram
Barb Genton
Liz Stehle
Les Wright

Contact the board at
board@sageupstate.org

SAGE Upstate Staff

Kim Dill
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, Excel-lus BlueCross BlueShield, the Central New York Community Foundation, the Emmerson Foundation, NYS Legislative funding through the NYS Department of Health, the Leonard Litz Foundation, SAGE USA, generous individual donors, fundraising events, and business sponsors.

Oswego, Utica, Watertown Join us!

(Everyone else welcome too)

Oswego

The gathering in Oswego is back-- this time we're meeting at Mimi's for lunch on Friday, September 26 at 11:30 am. Please RSVP with Leslie: 315-478-1923 or llamb@sageupstate.org.



Utica

The Utica group, now in its 11th year, is still going strong. The potluck is held on the first Saturday of the month, 2 pm, at Utica Unitarian Universalist, 10 Higby Rd. Thank you to leaders Dori and Robin!



Watertown

In Watertown, the potluck is held on the 3rd Saturday, 2 pm at All Souls UU, 1330 Gotham St. Thank you to leaders Stacie and Billy!



BOARD CORNER

A slate of seven new board members will start this month. They are:

Kevin Bailey
Dan Bishop-Basler
Gary Fitzgerald
Katherine Lowe
Tim McCoy
Nate Sceiford
Clayton Terry

We say goodbye to two current members, and thank them for their service

Bob Bezy
Rita Gram

More information on current and past board members to follow.



October 25, 7 pm
Dancing
Costume Contest
Refreshments
Fun!



A gentle reminder that the deadline for the SAGE SPARK Poetry Contest is September 30th, so submit your entries soon (see details below).

Beginning this month, SAGE SPARK will feature photos monthly showing people of our LGBTQ+ community and our allies... nothing formal, just everyday people in the community whether in Syracuse or elsewhere. Take care of yourselves and BE KIND to one another. *At left, top to bottom: 1) Drag & Fashion Show at Michael Kors; 2) Aging w/ Pride Boat Cruise; 3) CNY Pride; 4) BIPOC Mental Health & Wellness Fair; 5) Jaleel's 30th Birthday Bash*

SAGE SPARK Poetry Contest

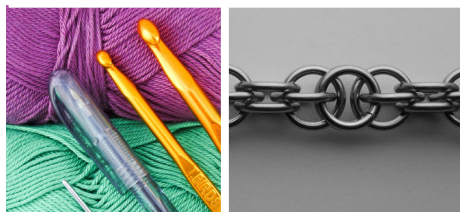
If you are LGBTQ+ BIPOC and interested in sharing your poetic thoughts, enter the SAGE SPARK Poetry Contest. The winner will have his/her/their picture, poem, and mini bio printed in the newsletter, and will have the honor of reading his/her/their poetry at the upcoming SAGE Community Dinner in October. Only one submission per person, any topic or subject, any style. Poems must be 200 words or less. Send poetry and questions to Tim at tlattimore@sageupstate.org or llamb@sageupstate.org or call 315-478-1923. You can also mail or bring your poetry to SAGE Upstate, 431 E Fayette St. in Syracuse. Deadline September 30.



Talent Show?

Is there any interest in holding a SAGE Upstate Talent Show? Do you have a special skill you'd like to share? Maybe you have ideas about coordinating an event like this? If you are interested, please contact Tim at: tlattimore@sageupstate.org,

Handicraft Group Starts



The Knitting Group was never just for knitters. There have always been crocheters, quilters, jewelry makers and others who gathered around the table in the SAGE Upstate Center on Wednesday nights. They're back this month, and they decided to have a group name that fits the group members. The Handicraft group starts this month on the 2nd and 4th Wednesdays, 7:00 pm, at SAGE. We welcome knitters and others-- if you can do it at a table with others, you're in.

Dance Classes with Susan Shockey are back!

Susan will be teaching participants the dance in the "Thriller" video and other fun moves. Tuesdays starting September 9 at 4:00 pm in the SAGE Upstate Center.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day-- Office Closed 5:30 Walking group 6 pm Monday Men's Group	2 6 pm Bonding Brothers	3 5:30 Writers	4 10 am Walking 6 pm Dinner Out	5	6 2 pm Utica Potluck
7	8 5:30 Walking group 6 pm Monday Men's Group 6 pm Breathwork	9 1:00 pm Acoustic group 11:30 Lunch and Learn: Eat Well, Save Money 4 Dance class	10 5:30 Writers 6 pm Wellness Group 7 Handicrafters	11 10 am Walking 9:30 Breakfast Out	12	13 11 am - 4 pm Oswego Pride 7:00 Gender Blend
14 1:00 2nd Sunday Potluck in Syracuse	15 5:30 Walking group 6 pm Monday Men's Group	16 11:30 Lunch and Learn: Eat Well, Save Money 6 pm Bonding Brothers 4 Dance class	17 5:30 Writers 6 pm Wellness Group	18 10 am Walking 12:30 Lunch Out 3:30 pm Theater Thursday: <i>The Thursday Murder Club</i>	19 7 Men's Night Out	20 11 am Yoga 2 pm Watertown Potluck
21	22 5:30 Walking group 6 pm Monday Men's Group 6 pm Breathwork	23 10:30 am Acoustic group 4 Dance class	24 5:30 Writers 6 pm Wellness Group 7 Handicrafters	25 10 am Walking Group 12:30 Lunch Out	26 11:30, Mimi's Diner Oswego Meet for Lunch	27 11 am Yoga
28	29 5:30 Walking group 6 pm Monday Men's Group	30 4 Dance class	 September 2025			

Bonding Brothers: Men's social/support group, 1st and 3rd Tue. at 6 pm.

Breathwork: Feel more peaceful and grounded, and experience better emotional, physical, and spiritual healthy by working with breath.

Dance classes: Led by Susan Shockey-- learn the dance from Thriller and other fun dance steps. Tuesdays at 4 pm. In the center (not ballroom)

Gender Blend: 2nd Sat. social/support for Trans/Nonbinary communities. In person/ on Zoom (link at sageupstate.org).

Handicrafters: For Knitters, Crocheters, Fiber artists and other handicrafters. Held on the 2nd and 4th Wednesday at SAGE.

Lunch & Learn: see info on next page

Meals OUT -- Dinner on the 1st Thursday, Breakfast on the 2nd Thursday, and Lunch on the 3rd Thursday, See details next page

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.

Oswego Pride: Stop at the SAGE table. Beitbeck Park & Pavilion.

Oswego /Fulton Lunch Meet-Up: Meet SAGERs from Oswego/Fulton and beyond, this month at Mimi's, 201 N 2nd St, Fulton, NY

Second Sunday Potluck in Syracuse. See info page 1

String Cheese: learn and play stringed instruments 9/9 at 1:00 9/23 at 10 am. Bring a bag lunch for after.

Theater Thursday: *Thursday Murder Club*, 9/18, 3:30 Info next pg.

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.

Wellness Group: Intern Kris Kadaji is coordinating a group about "wellness" and how to achieve it. On Wednesdays at 6:00

Writers Group, Wednesdays at 5:30 pm: All genres and experience levels welcome. Offered on Zoom only-- link at sageupstate.org

Yoga-- every Saturday at 11:00, led by intern Kris Kadaji.

Eat well, stay active, and save money!

The SNAP-Ed workshops continue this month for two more sessions. These classes are presented by the SNAP-Ed program at Onondaga County Aging Services, and all are welcome.



This Month:

Make Half Your Grains Whole Grains

September 9, 11:30 am

Vary Your Protein Routine

September 16, 11:30 am

Includes lunch, starts at 11:30
RSVP to Leslie at 315-478-1923
or llamb@sageupstate.org and
let us know of any
dietary restrictions.

Sessions focus on:

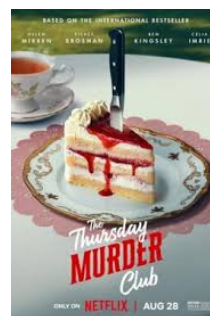
- healthy foods
- stretching food dollars
- how to make meals that are healthy and budget- friendly
- Easy recipes
- Tips for shopping on a budget
- Staying active

These workshops are presented by SNAP-ED NY, but you do NOT have to be eligible for SNAP to participate -- all are welcome!



Program News

by Leslie Lamb, Program Director



The Thursday Murder Club

Theater
Thursday:
September 18,
3:30pm

The film follows four irrepressible retirees — Elizabeth (Helen Mirren), Ron (Pierce Brosnan), Ibrahim (Ben Kingsley) and Joyce (Celia Imrie) — who spend their time solving cold case murders for fun. Then an unexplained death occurs and they find themselves with a real whodunit on their hands.



VOLUNTEERS NEEDED

We are looking for volunteers!
Let's lend a hand for others.



Meet your SAGE friends for a meal

1st Thursday Dinner: 9/4, 6 pm

Vito's Ristorante. 301 East First St.
East Syracuse

2nd Thursday Breakfast: 9/11, 9:30

Market Diner 2100 Park St. Syracuse

3rd Thursday Lunch: 9/18, 12:30

Limp Lizard. 201 First St. Liverpool

October Volunteer Opportunities:

We need help with the Community Dinner (10/18) and the Halloween Dance (10/25). Contact Leslie for more information: 315-478-1923 or llamb@sageupstate.org.

Sign up at sageupstate.org-- the volunteer page is listed under the Program tab. Or contact Leslie: 315-478-1923 llamb@sageupstate.org.

Johna Talks: Transgender History Month



Jupiter
Peraza

August is Transgender History Month, which is celebrated annually to honor trailblazing Transgender individuals. This was first established in San Francisco in 2021.

The activist, Jupiter Peraza, and the Transgender District, a legally recognized cultural district of Compton, California, came together to establish Trans History Month. A proclamation was signed and declared on August 24, 2021 in Compton, and expanded statewide in 2023.

As I sit at my desk to write this article on August 24, 2025, I am

aware that the community has adopted this celebration nationwide. We need to remember and learn from those who came before us, so we can continue to fight and advocate for our rights and history going forward.

History is a journey for everyone, whether you are a naturalized citizen, undocumented, or born in the state and country where you reside. Jupiter is an undocumented trans woman activist and DACA recipient who has made local, state, and national history by advocating for Transgender History Month.



New Intern
at SAGE:
Kris Kadaji

This month a new intern from LeMoyne College starts at SAGE. Kris Kadaji will be offering yoga on Saturdays and will start a Wellness group to be held on Wednesdays. In addition, Kris will help out with SAGE programs and outreach. We look forward to working with her. Here's a message from Kris:

I am a graduate student in mental health counseling, and I've spent many years learning and working with people from different cultures and life experiences. I trained and taught yoga and meditation for over 10 years, including time studying in India, which gave me a deep understanding of how the mind and body work together. I've also worked with children, adults, and seniors, as well as refugee and immigrant communities, offering support and care through movement and connection.

In counselling, my approach is gentle, respectful, and practical. I believe each person has their own strengths, and my role is to listen, understand, and help guide you toward the tools and choices that work best for your life. I respect different backgrounds, beliefs, and life stories, and I work to create a safe space where people feel heard and valued. The nature of life is interconnected and interdependent; human beings are no exception! When we do the work to help ourselves feel at peace, that peace will emanate outside to others. That is my motivation for taking care of myself and teaching others to do the same.

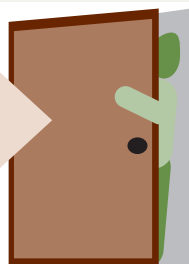


The story of the mistreatment of LGBTQ employees in the Catholic Church. Tickets \$20 at the door or free will offering accepted.

Why support SAGE?



Despite lack of support, we fear reaching out. We're unsure who to trust.



Sage
Upstate

offers programs that :

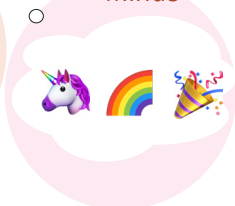
decrease isolation, foster healthy aging and link older LGBTQ people to providers.

When you give to SAGE Upstate, older LGBTQ people get the chance to build:

Active Bodies



Hopeful Minds



Connected Lives



Give Today!
Any amount will make a difference.

SAGE Upstate Needs You



It's no fun to read fundraising requests. I can assure you, it's no fun to write them either! We would rather not trouble you by asking for money, but *it is so important that you consider a donation right now.* If you are still reading, please bear with me for a few more paragraphs.

When our state funding ended, we

The funds we are requesting from donors will determine what SAGE Upstate looks like as we go forward. What programs will we be able to offer? How many people will be on staff? Will your favorite SAGE activity continue? That depends on our donors.

What will it take to get through the current anti-LGBTQ climate? A critical piece of the puzzle will be the safe space that SAGE provides. We're watching our world change in ways we could never have imagined. Many of us have faced hard times when it was difficult to be who we are. We

*What programs will we be able to offer?
How many people will be on staff? Will your favorite SAGE activity continue? That depends on our donors.*

got out there and searched for diverse sources of new funding. We were successful. We received grants from six different funders. We received funding from the NYS legislature, thanks to Senator Rachel May and also the NYS LGBT Health and Human Services Network. Many businesses gave SAGE generous sponsorships for the 5K, and we hope that sponsors will also support the upcoming Community Dinner. And, we are very grateful to the Onondaga County Adult and Long Term Care Services for funding our Neighborhood Advisor Program.

I mention these things to let you know that SAGE is always working to support our programs in ways that don't involve asking individuals in our community to donate. But the truth is, we need donors now more than ever.

left those dark days behind, determined to never go back to them. How could we have known that those days would come back to us?

Can you help? If you believe that our community benefits from what SAGE offers, please make a donation or pledge. Use the form on the back of this issue or donate at sageupstate.org/donate. Any amount will make a difference. Thanks for all you do for SAGE. --Kim





431 E. Fayette St. Suite 050
Syracuse, NY 13202

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☐ Any amount
\$ _____

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Credit Card # _____ exp _____ cvv _____

Mail to SAGE Upstate, 431 E Fayette St. Syracuse, NY 13202

Can we recognize your gift in publications? ☐ Yes ☐ No